

Clavicle Fracture Open Reduction Internal Fixation Physical Therapy Protocol

David P. Trofa, M.D.

Assistant Professor of Orthopaedic Surgery, Columbia University Medical Center

Chief of Sports Medicine, New York-Presbyterian Westchester

Director of Clinical Outcomes, Department of Orthopaedic Surgery

Head Team Physician, Columbia University

www.DavidTrofaMD.com

Patient Name: _____

Date of Surgery: _____

Phase I (0-1 wks): *Initial wound healing, fracture consolidation.*

- No formal PT.
- ROM at home (Codmans, elbow/wrist ROM in sling)

Phase II (1-3 wks): *Protected ROM.*

- Start formal PT
- Sling at all times (may remove for showering)
- Supervised A+AA+PROM forward elevation, IR/ER with arm at side

Phase III (3-6 wks): *Begin strengthening.*

- D/C sling at 3 weeks
- Continue A+PROM forward elevation, IR/ER with arm at side
 - Goals by 6 wks: fflex >140 deg, ER @ side >40 deg
- Begin isometric and active-assisted cuff and periscapular strengthening (below shoulder level) and progress as tolerated.

Phase IV (6-12 wks): *Advance strengthening.*

- Progress A+PROM in all planes
- Start gentle active cuff and periscapular strengthening (below shoulder level); advance as tolerated.

Phase IV (3-6 mos): *Sport-specific*

- Maintenance program of cuff and periscapular stretching/strengthening
- Transition to sport/labor-specific activities