

HSS – ERPB

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HSS – West Side

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**DR. GABRIELLA ODE**

Sports Medicine & Shoulder Surgery

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PHYSICAL THERAPY PROTOCOL CLAVICLE FRACTURE

PROCEDURE		Date of Surgery/Injury:	PLAN
		R L [] ORIF Clavicle Fracture	Physical Therapy for R L Shoulder 1-2x Per Week x 16 Weeks
GENERAL GUIDELINES Goal: Regain full pain-free ROM and strength of shoulder and prevent elbow and wrist stiffness. Please read and follow guidelines below. Progression is both criteria-based and patient specific. Phases and time frames are designed to give the clinician a general sense of progression. Concomitant injuries may alter the guidelines. Follow physician's modifications as prescribed			
PHASE	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0 - end of week 5	▪ 0-4 weeks: PROM ▪ Week 5-6: begin AROM - Limit flexion to 90°, external rotation to 45°, extension to 20°	0-4 weeks: ▪ Immobilized at all times day/ night ▪ Off for hygiene, gentle exercise and resting in a chair Week 5-6: ▪ Discontinue sling, may wear figure of 8 brace PRN	▪ 0-5 weeks: begin PROM activities – Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula
PHASE II 6-11 weeks	▪ Goals: Full extension rotation, 135° flexion, 120° abduction	▪ None	▪ Continue Phase I work; begin active assisted exercises, deltoid/rotator cuff isometrics at 8 weeks ▪ Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff* ▪ No lifting > 5lbs
PHASE III 12-16 weeks	▪ Gradual return to full AROM	▪ None	▪ Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization ▪ Begin muscle endurance activities (upper body ergometer)

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			▪ Aggressive scapular stabilization and eccentric strengthening ▪ Begin plyometric and throwing/racquet program, continue with endurance activities ▪ Cycling/running okay at 12 weeks or sooner if given specific clearance
PHASE IV 4-5 months	▪ Full and pain-free	▪ None	▪ Maintain ROM and flexibility ▪ Progress Phase III activities, return to full activity as tolerated