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PHYSICAL THERAPY PROTOCOL CLAVICLE FRACTURE

PROCEDURE		Date of Surgery/Injury: _____ R L [] ORIF Clavicle Fracture	
PLAN		Physical Therapy for R L Shoulder 1-2x Per Week x 16 Weeks	
GENERAL GUIDELINES		<p>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</p>	
	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-6 weeks	<ul style="list-style-type: none"> ▪ 0-4 weeks: PROM ▪ 4-6 weeks: begin AROM - Limit flexion to 90°, external rotation to 45°, extension to 20° 	<p>0-4 weeks:</p> <ul style="list-style-type: none"> ▪ Immobilized at all times day and night ▪ Off for hygiene and gentle exercise only and resting in a chair 	<ul style="list-style-type: none"> ▪ 0-6 weeks: begin PROM activities – Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula
PHASE II 6-12 weeks	<ul style="list-style-type: none"> ▪ Goals: Full extension rotation, 135° flexion, 120° abduction 	<ul style="list-style-type: none"> ▪ None 	<ul style="list-style-type: 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	<ul style="list-style-type: none"> ▪ Gradual return to full AROM 	<ul style="list-style-type: none"> ▪ None 	<ul style="list-style-type: 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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			<ul style="list-style-type: none"> ▪ 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	<ul style="list-style-type: none"> ▪ Full and pain-free 	<ul style="list-style-type: none"> ▪ None 	<ul style="list-style-type: none"> ▪ Maintain ROM and flexibility ▪ Progress Phase III activities, return to full activity as tolerated