



EXCEPTIONAL ORTHOPAEDIC CARE BEGINS HERE

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Clavicle ORIF Protocol

General Instructions: Begin PT post-op day #1. Leave postoperative dressings on until the 3rd postoperative day. May get incisions wet after POD #3. No submersion for 4 weeks.

Week 0-2:

- **ROM:**
 - PROM-in all planes to patient's tolerance
 - Codman Exercises
- **Sling:** Wear at all times except during PT appointments.

Week 2-3:

- **ROM:** Begin AAROM
 - Continue with PROM
- **Sling:** Discontinue

Weeks 3-6:

- **ROM:** Begin AROM
 - Continue with AAROM and PROM as needed
- **Strength:** Begin gentle strengthening
 - Rockwoods
 - Isometrics
 - Prone Scapular Stabilization

Weeks 6-8:

- **ROM:** As tolerated
- **Strengthening:** As tolerated
 - Patient needs to be cleared by MD before returning to normal weight lifting/gym activity.