



ORIF Clavicle Fracture
Post op physical Therapy Plan

Date of Surgery: _____

Surgeon: _____

Sling Use: ___ 4 wks ___ 6 wks

Non-weight bearing x12 wks

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Post op physical Therapy Plan

	Interventions	Milestones
Phase 1 (0-2wks)	<ul style="list-style-type: none"> • Pendulums • AROM elbow/hand/wrist • Scapular squeeze • Isometrics in neutral for shoulder 	<ul style="list-style-type: none"> • Good pain control • Ensure sling use
Phase II (2-6 wks)	<ul style="list-style-type: none"> • AAROM to 90 • AAROM to 120 at 4wks • Scapular retractions • Begin light shoulder isometrics at 4 wks 	
Phase III (6-12 wks)	<ul style="list-style-type: none"> • DC sling • Full AROM as tol • Prone scapular stabilization open chain only • Light strengthening once ROM goals have been met 	<ul style="list-style-type: none"> • Full active ROM anticipated by 8 wks • Strength 80% no op side • Prone scapular endurance test 80% no op side
Phase IV (wks12+)	<ul style="list-style-type: none"> • Initiate closed chain scapular stabilization • Initiate plyometrics • Thrower's 10 • Sports specific drills • Progress power at 14wks 	<ul style="list-style-type: none"> • Pass RTS testing battery

*For UE power progression exercises go to <https://www.stlukesonline.org/health-services/specialties/programs/st-lukes-sports-medicine-program/therapy-plans/power-progression-upper-extremity/phase-1>

Anticipated return to sport 4-6 mos

This therapy plan provides a synopsis of guidelines for recovering from sports-related surgery with St. Luke's Sports Medicine. It is provided as an educational resource. Individual circumstances vary and these plans cannot replace the advice of a medical professional.