



ORLANDO HAND SURGERY ASSOCIATES
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Clavicle ORIF

0-3 weeks:

Sling: A sling is used for first 3 weeks full time and then may change to daytime only.

Motion: None

3-6 weeks:

Sling: Daytime only

Motion: Begin PROM and limit flexion to 90, ER to 45 and extension to 20

6-12 weeks:

Sling: Discontinue sling

Motion:

- Begin active/active assistive ROM, PROM to tolerance.
- Begin deltoid/rotator cuff isometrics at 8 weeks.
- Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff

Continue as above, but may begin loading and strengthening. Gentle progressive strengthening of elbow and forearm.

12-16 weeks:

Motion: Gradual return to full AROM. Emphasize ER and latissimus eccentrics, glenohumeral stabilization, begin muscle endurance activities

Please call with questions or concerns at the phone number above.