

Clavicle ORIF Protocol

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Weeks 0-2:

Sling for comfort, no overhead motion. Immediate pendulum and elbow/wrist/hand ROM exercises

Weeks 2-6:

Start PT for gentle ROM exercises. No resistive exercises/activities. Sling as needed for comfort

Week 6 - 3 months:

Xrays at 6 weeks, if union is evident begin progressive strengthening and resistive exercises.
Non-contact athletics

3-6 months:

Repeat xrays. If patient is pain free and union is obvious pt may return to non-contact sport. If no signs of union, consider bone stimulator

Generally avoid contact sports and heavy lifting for 4-6 months, need clearance from MD.