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Clavicle Hardware Removal

0-6 weeks post op

- Modalities as needed
- Sling for 2-3 days as needed for pain
- RC isometrics into flexion, extension, abduction, adduction, IR/ER in neutral
- Scapular ex's - **elevation** with shrugs, **depression**, **protraction**, **retraction** with manual resistance
- All active and passive range of motion exercises ok
- No lifting more than 5 lbs for 4 weeks

6-8 weeks post op

- Cont. as above
- Full pain free ROM
- Begin conventional weight lifting with machine weights and progress slowly to free weights as desired
- Full ROM isokinetics (throwing wand for throwers) and advance to higher speeds when able

8-12 weeks post op

- Cont. with strengthening
- Begin return to sport and regular activities as tolerates