



DISTAL CLAVICLE FRACTURE ORIF PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

___ **Weeks 0 -- 4**

- Gunslinger sling x 6 weeks – even when sleeping (remove only for personal grooming)
- Hand squeeze, elbow/wrist/finger AROM

___ **Weeks 4 -- 6**

- Continue sling (except for exercises and personal grooming)
- Begin gentle pendulums
- AAROM supine with broomstick (flexion to 90, abduction 60, IR/ER as tolerated)
- Gentle shoulder shrugs and scapular retraction without resistance
- Isometrics with 1--2 finger resistance
- Stationary bike with sling if desired for conditioning

___ **Weeks 6 -- 8**

- D/c sling and continue above exercises
- AAROM supine with broomstick (Flex/Ab to 90, ER/IR as tolerated)
- Full pendulums
- Treadmill walking

___ **Weeks 8 – 12**

- AAROM – Flex/Ab to 120 (brookstick or wallclimb) progressing to AROM – Flex/Ab to 120 as long as relatively pain free
- Light Theraband resistance ER/IR with pillow in armpit (flex/ext/ab/scaption to 60)
- Standing rows, biceps, and supine triceps with Theraband
- Prone scapular retraction (light weight) and wall push---ups
- Eliptical with LOWER EXTREMITY ONLY (no handlebars)

___ **Months 3 -- 6**

- AAROM and AROM through full range
- Increase resistance as tolerated
- Running
- No contact activities until at least 6 months post---op

Modalities/Other:

Signature _____

Date: _____