



Clavicle Fracture Open Reduction Internal Fixation (ORIF)

David E. Hartigan, M.D.

Patient Name	Date of Surgery
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- Phase I (0-2 wks):** *Initial wound healing, fracture consolidation.*
 - No formal PT.
 - Maintenance motion at home (Codmans, elbow/wrist ROM in sling)

- Phase II (3-4 wks):** *Protected ROM.*
 - D/C sling at 3 wks if comfort allows
 - Start formal PT
 - Supervised A+PROM forward elevation, IR/ER with arm at side

- Phase III (5-7 wks):** *Begin strengthening.*
 - Continue A+PROM fflex, IR/ER with arm at side
 - goals by 6 wks: fflex >140 deg, ER @ side >40 deg
 - Begin isometric and active-assisted cuff and periscapular strengthening (below shoulder level) and progress as tolerated.

- Phase IV (8-12 wks):** *Advance strengthening.*
 - Progress A+PROM in all planes
 - Start gentle active cuff and periscapular strengthening (below shoulder level); advance as tolerated.

- Phase V (3-6 mo):** *Sport-specific*
 - Maintenance program of cuff and periscapular stretching/strengthening
 - Transition to sport/labor-specific activities

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient ___ would ___ would not benefit from social services.

Physician Signature	Date
Printed Name	