

## CLAVICLE OPEN REDUCTION INTERNAL FIXATION REHABILITATION

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### **Instructions:**

#### **Range of motion:**

- Begin pendulums and gentle passive and active-assisted range of motion immediately, emphasizing forward elevation.
- Sling for 1 week and then as needed pending pain control.
- Do not initiate strengthening or active range of motion until six weeks post-operatively and cleared by Dr. Chalmers.

#### **Strengthening:**

- Begin strengthening at six weeks post-operatively, starting with isometrics and progressing to bands and then weights, with a focus on the scapular stabilizers, rotator cuff, and deltoid.
- Please provide and emphasize a home exercise program. This program should focus on:
  - Regaining forward elevation (pulleys, wall climbs, table slides, etc.)
  - Regaining external rotation using passive and active external rotation exercises (canes, door frame stretches, etc.)
- Ok to return to light athletic activities at three months if full range of motion has been recovered, heavier athletic activities at four months.

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### **Modalities**

Heat before and ice after therapy.