

PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

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Rehabilitation Protocol Distal Clavicle ORIF + CC Reconstruction

Phase I: Protect Repair (0 to 4 weeks after surgery)

- Patients may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling to be **worn at all times** except for showering; avoid unsupported arm; no lifting >5 lbs.
- Range of Motion
- **0-4 weeks:** No shoulder range of motion
- Therapeutic Exercise
 - Slow, small, gentle shoulder pendulum exercises
 - Elbow/wrist/hand range of motion and grip strengthening
- Modalities per PT discretion to decrease swelling/pain
- No lifting with involved extremity.

Phase II: Progress ROM & Protect Repair (4-6 weeks after surgery)

- Continue sling except for showering and PT; avoid unsupported arm; no lifting >5 lbs.
- Range of Motion **4-6 weeks:**
 - **PROM** → → FF to 90, Abduction to 60, ER to neutral, extension to neutral, IR to chest wall.
- Therapeutic Exercise
 - Submaximal pain-free deltoid isometrics
 - Elbow/wrist/hand range of motion and grip strengthening

Phase III: Full Function (6-12 weeks after surgery)

- No lifting >5 lbs
- Range of Motion
 - **6-8 weeks: AAROM** → → FF to 120, Abduction to 90, ER to neutral, extension to neutral, IR to chest wall.
 - **8-10 weeks: AAROM/AROM** → → FF to 140, Abduction to 120, ER/IR to 45 with arm abducted.
 - **> 10 weeks: AAROM/AROM** → → Advance to full AROM in all planes.
- Therapeutic Exercise
 - Begin pain-free isometric rotator cuff and deltoid exercises at **6 weeks**
 - Begin gentle rotator cuff and scapular stabilizer strengthening at **8 weeks**
 - Continue elbow/wrist/hand range of motion and grip strengthening

Phase IV: No Restrictions (4-6 months after surgery)

- Range of Motion – Full without discomfort; no lifting restrictions

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- Therapeutic Exercise – Advance strengthening as tolerated: isometrics →→ therabands →→ light weights
- Scapular and latisiumus strengthening
- Humeral head stabilization exercises
- Rotator cuff, deltoid and biceps strengthening
- Modalities per PT discretion

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