



**ORIF Distal Clavicle Fracture Post op  
Physical Therapy Plan**

**Date of surgery: \_\_\_\_\_**

**Surgeon: \_\_\_\_\_**

**Sling Use: \_\_\_6wks**

**NWB x12 wks (no closed chain exercises)**

**No Contact Sports x6 mos**

[Type here]



## ORIF Distal Clavicle Repair Post Op

### Physical Therapy Plan

	Interventions	Milestones
Phase I (0-4 wks)	<ul style="list-style-type: none"><li>• Immobilization in sling except for grooming</li><li>• Elbow wrist and hand AROM</li></ul>	<ul style="list-style-type: none"><li>• Good pain control</li><li>• Unsure sling use</li><li>• Full AROM wrist elbow</li></ul>
Phase II (wks4-6)	<ul style="list-style-type: none"><li>• Initiate AAROM -&gt;AROM shoulder flex to 90, abd to 60 and ER/IR as tol</li><li>• Initiate sub max shoulder isometrics</li></ul>	
Phase III (wks6-8)	<ul style="list-style-type: none"><li>• DC sling</li><li>• Progress shoulder AROM flex to 120, abd 90, ER/IR as tol</li><li>• Continue isometrics and add scapular retractions</li></ul>	
Phase IV (wks 8-12)	<ul style="list-style-type: none"><li>• Progress shoulder AROM flex 140, abd 120 ER/IR to tol</li><li>• At 10 wks progress AROM to full as tol</li><li>• Begin light cuff strengthening</li><li>• Begin prone scapular stabilization</li></ul>	<ul style="list-style-type: none"><li>• Full pain free AROM shoulder</li><li>• Pain free ADL's</li></ul>
Phase V (12 wks+)	<ul style="list-style-type: none"><li>• Initiate and progress closed chain scapular stabilization</li><li>• Initiate gym program and cont cuff and shoulder strengthening</li><li>• Initiate return to running</li><li>• Can start plyometrics at 16 wks and return to throwing program at 20 wks if indicated</li><li>• Progress power ex at 16 wks</li></ul>	<ul style="list-style-type: none"><li>• Full AROM shoulder</li><li>• Pass UE functional tests as indicated</li></ul>

*No contact sports until 6 mos*

*Anticipated Return to sport 6-8 mos*

This therapy plan provides a synopsis of guidelines for recovering from sports-related surgery with St. Luke's Sports Medicine. It is provided as an educational resource. Individual circumstances vary and these plans cannot replace the advice of a medical professional.

Last Reviewed: 5/2023; Current to: 5/2025