

UCSF Physical Therapy Referral

Diagnosis: clavicle fracture ORIF

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

EARLY POST OP (0-2 WEEKS)

GOALS:

Pain control
Swelling control

EXERCISES/RESTRICTIONS:

Wear sling at all times
No lifting objects on injured side
Passive Range of Motion:
Flexion to 90
Abduction to 90
External Rotation to 30
Internal Rotation to 30
Pendulum exercises

PHASE I (2-6 WEEKS)

GOALS:

Fracture healing
Passive ROM greater than 90 degrees

EXERCISES/RESTRICTIONS:

Wear sling while awake
No lifting objects on injured side
No active range of motion exercises
Passive range of motion:
Flexion to 160
Abduction to 160
External Rotation to 60
Internal Rotation to 60
Pendulum exercises
Scapular stabilization exercises
Isometric biceps/triceps

Phase II (6-12 WEEKS)

GOALS:

Regain full ROM
Begin strengthening exercises

EXERCISES/RESTRICTIONS:

Passive/Active ROM
Gain full ROM
Shoulder shrugs
Rotator cuff program
Continue scapular stabilization

UCSF Orthopaedic Institute

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Biceps/Triceps strengthening
Discontinue sling
No contact sports

Phase III (12-18 WEEKS)

GOALS:

Return to full activities

EXERCISES/RESTRICTIONS

Active ROM exercises

Shoulder strengthening program

Contact sports per MD

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