

## ORIF CLAVICLE #

	Post op
<b>Immediate</b>	<ul style="list-style-type: none"> <li>• Sling 3-6 weeks</li> <li>• Postural and scapula setting</li> <li>• Neck, elbow, wrist &amp; hand exercises</li> </ul>
<b>Day 1-3 Weeks</b>	<ul style="list-style-type: none"> <li>• Passive &amp; active assisted table slides                             <ul style="list-style-type: none"> <li>- elevation up to 90° (with a stable scapula)</li> <li>- rotation as comfort</li> </ul> </li> <li>• <b>No horizontal adduction/cross flexion</b></li> </ul>
<b>From 3 weeks (providing check x-ray satisfactory)</b>	<ul style="list-style-type: none"> <li>• Weaning off sling for ADLs</li> <li>• Scar tissue management</li> <li>• Progress to active ROM</li> <li>• Begin across body movements</li> </ul>
<b>6 Weeks +</b>	<ul style="list-style-type: none"> <li>• Discard sling</li> <li>• Push for full ROM</li> <li>• Begin strengthening activities</li> </ul>

Milestones	
Week 3	Comfortable passive/active assisted up to 90°
Week 6	Sling discarded, 75 ° to full ROM
Week 12	Full ROM, return to normal activity

### Sling – Donjoy Aircast

### *Return to Functional Activities*

<b>Driving</b>	3-6 weeks
<b>Swimming</b>	6 weeks
<b>Contact Sports</b>	Once full ROM and strength achieved 3 months +
<b>Lifting</b>	Light - 3-6 weeks Heavy - 3 months +
<b>Work</b>	Sedentary - 3 weeks Manual - 3 months

**PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS**