



DISTAL CLAVICLE ORIF + CC RECONSTRUCTION



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Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L Distal Clavicle ORIF + CC Reconstruction

Frequency: 2-3 times per week for _____ weeks, Therapy to start 3-5 days after surgery

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

- Ice or cold flow systems encouraged for 3-4 times per day.
- Sling to be worn at all times except for showering; avoid unsupported arm; no lifting >5 lbs.
- 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 1400, Abduction to 1200, 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

Signature: _____

Date:

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