

Clavicle Open Reduction Internal Reduction Guidelines

<p>Post operative instructions</p> <p>Exercises</p> <p>Complications</p> <p>Day 1 post-op Goals</p> <p>General rehab goals</p>	<ul style="list-style-type: none"> ▪ Medications ▪ Dressing ▪ Showering ▪ Icing ▪ Weight Bearing ▪ Activities <ul style="list-style-type: none"> ▪ ROM- Maintain sling until 4 weeks post-operatively, but ok to start pendulum exercises daily on post-operative day 1 <ul style="list-style-type: none"> ▪ Contact us if have severe pain not relieved with pain meds. If you have a temp over 101.5, redness or swelling in your thigh or calf, call immediately day or night at (847) 634-1766 <ul style="list-style-type: none"> ▪ Control pain and swelling <ul style="list-style-type: none"> ▪ Control pain and swelling ▪ Normal ROM, proprioception, strength
<p>Phase I (week 1-2)</p> <p>Goals and Exercises</p> <p>Phase II (weeks 3-6)</p> <p>Phase III (weeks 7-complete)</p>	<ul style="list-style-type: none"> ▪ Pendulum exercises and passive ROM in all planes beginning immediately after surgery until 2 weeks ▪ OK for elbow and wrist exercises at waist level <ul style="list-style-type: none"> ▪ OK to advance to active-assist ROM in all planes from weeks 3-6, no strengthening ▪ OK to begin shoulder mobilizations, periscapular strengthening, no shoulder strengthening ▪ OK to discontinue sling use at 4 weeks <ul style="list-style-type: none"> • Continue achieving full ROM in all planes • Begin all strengthening exercises for the upper extremity with goal of achieving full, symmetric, painless range of motion and strengthening
<p>Restrictions</p>	<ul style="list-style-type: none"> ▪ Full recovery usually requires 3-6 months of ROM and strengthening