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**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**Physical Therapy ORDER – Clavicle Fixation Open Reduction Internal Fixation**

Active range of motion of the elbow and wrist without weights or resistance is encouraged. Passive range of motion of the shoulder is begun week one postop in the form of pendulum exercises and gradually advanced.

The overall goals of the surgical procedure and rehabilitation are to:

Control pain and inflammation • Regain normal upper extremity strength and endurance • Regain normal shoulder range of motion

Week 1

Sling. May remove sling to do Pendulum exercises. No active shoulder motion.

Elbow and wrist ROM exercises, but no resisted exercises.

Goals: Maintain elbow and wrist ROM, prevent shoulder stiffness, control pain and swelling. Protect the repair.

Weeks 2-3

Continue sling. Sling may be removed for exercises. May begin active-assisted motion. Continue pendulum exercises. Rope/pulley OK for flexion/scaption.

No lifting anything heavier than a pencil in operative hand.

Goals: Initiate shoulder ROM. Prevent pain. Protect the repair.

Weeks 4-5

May begin to wean from sling. May begin full active and passive motion. No lifting anything heavier than a pencil.

Weeks 6- 8

May begin to slowly incorporate light resistance exercises. May now use arm to lift nothing heavier than a carton of milk.

Weeks 8-12

May work on shoulder rehab to return to sports. Once painless shoulder function has been achieved and strength has returned, xrays shows signs of significant healing, and an athlete has completed the return to play rehab, then an athlete may return to play.