



Lisa Kaplin, DO

Clavicle Removal of Hardware Post Op Protocol

Week 0-2

Sling.

May do elbow, wrist, hand motion, NO SHOULDER MOTION UNTIL WEEK 3, AND THEN ONLY PASSIVE MOTION. ACTIVE MOTION AT WEEK 4, PENDING WHAT XRAYs LOOK LIKE. NO WEIGHT BEARING ON ARM/WRIST UNTIL 4 WEEKS.

Weeks 2 - 4

May start PASSIVE MOTION

Still no weight bearing

KEEP SLING

Weeks 4 - 6

Closer to 6 weeks- may BEGIN ACTIVE MOTION, NO FORCEFUL WEIGHT BEARING.

Weeks 6 - 8

May begin GENTLE WEIGHT BEARING, MORE ACTIVE MOTION PENDING XRAYs.

STRENGTH Progress strengthening program with increase in resistance and high speed repetition

Progress with eccentric strengthening of posterior cuff and scapular musculature Initiate single arm plyo-toss

Initiate military press, bench press, and lat pull-downs Initiate sport specific drills and functional activities

Initiate interval throwing program

Initiate light plyometric program

GOALS OF PHASE:

- Full ROM
- Maximize upper extremity strength and endurance
- Maximize neuromuscular control
- Initiate sports specific training/functional training