

Clavicle ORIF Protocol

- 0-2 week
 - Sling at all times except to shower and elbow motion exercises
 - Keep dressing clean, dry, and intact x2 weeks
 - Complete antibiotic prophylactic course
 - Non-weight bearing operative extremity
 - Maintain elbow motion
 - No sports

- 2-6 weeks
 - Repeat X-rays
 - Wean out of sling over 2 weeks
 - May shower over incision site but refrain from bathing or soaking for another 4 weeks.
 - Continue non-weight bearing x2 weeks, then 2lbs weight limit below shoulder height (type, writing etc.)
 - Progressive shoulder motion below and above shoulder height
 - No sports

- 6-14 weeks
 - Repeat X-rays
 - Progressive unrestricted shoulder motion
 - 5lbs weight limit below shoulder height x2 weeks, then 10lbs x2 weeks, then 20lbs x2 weeks.
 - Continue non-weight bearing above shoulder height x2 weeks, then 5lbs x2 weeks, then progress unrestricted.
 - Non-contact sport specific activities (provider's discretion)

- 14+ weeks
 - Progressive return to sports (provider's discretion)