



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Clavicle fracture

Code: S42.021K

Procedure: ORIF Clavicle

Surgery Date:

Instructions:

Range of motion:

-Sling for the first 4 weeks post-operatively and then discontinue.

-Begin pendulums and gentle passive and active-assisted range of motion immediately, emphasizing forward elevation.

- Do not initiate strengthening or active range of motion until 6 weeks post-operatively and cleared by Dr. Acevedo.

Strengthening:

-Begin strengthening at six weeks post-operatively, starting with isometrics and progressing to bands and then weights, with a focus on the scapular stabilizers, rotator cuff, and deltoid.

- Please provide and emphasize a home exercise program. This program should focus on:

- Regaining forward elevation (pulleys, wall climbs, table slides, etc.)
- Regaining external rotation using passive and active external rotation exercises (canes, door frame stretches, etc.)

- Ok to return to light athletic activities at three months if full range of motion has been recovered, full athletic activities at four months (unless cleared by Dr. Acevedo)

Modalities: Heat before and ice after therapy.

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date:

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