

## **Xinning Li, M.D.**

Professor of Orthopaedic Surgery  
Sports Medicine and Shoulder Surgery  
Boston University School of Medicine – Boston Medical Center  
Boston University Sports Medicine Fellowship – Director  
Boston University Athletics – Team Physician



725 Albany Street – 4<sup>th</sup> Floor  
Boston, MA 02118  
(617) 638-5633 (Telephone – Shapiro Office)  
(617) 358-3400 (Telephone – Ryan Center)  
(617) 414-5226 (Fax)  
[www.tigerortho.com](http://www.tigerortho.com)



### **Shoulder Fracture ORIF Surgery Physical Therapy Protocol:**

#### **Clavicle or Acromion Fracture or Non-Union ORIF**

##### PHASE I (1-3 WEEKS POST OP)

Appointments	MD appointment at (10 to 14 days) Begin physical therapy (after 2 weeks post op 1-2x per week)
Rehabilitation Goals	<ul style="list-style-type: none"><li>• Protect surgical repair</li><li>• Prevent shoulder stiffness</li><li>• Wound healing</li><li>• Decrease pain and swelling</li><li>• Minimize risk of incisional infection</li></ul>
Precautions	<ul style="list-style-type: none"><li>• Sling for 6 weeks for patient comfort at all times</li><li>• PROM flexion and abduction to full with slow progression (No Pain)</li><li>• PROM IR/ER in neutral to full without restrictions (No Pain)</li><li>• NWB x 6 weeks</li></ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"><li>• Pendulums starting week #1</li><li>• Scapular retraction AROM</li><li>• PROM table slides flexion to 90 degrees only</li><li>• Cervical and wrist ROM and stretching</li></ul>
Cardiovascular Exercises	<ul style="list-style-type: none"><li>• Stationary Bike</li></ul>

Progression Criteria	<ul style="list-style-type: none"> <li>Pain free PROM up to 90 degrees</li> </ul>
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#### PHASE II (3-6 WEEKS POST OP)

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	<ul style="list-style-type: none"> <li>Protect surgical repair</li> <li>Gain ROM</li> <li>Begin light pain free strengthening in neutral</li> <li>Scar tissue management</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>Continue sling till 6 weeks unless MD orders state differently</li> <li>NWB x 6 weeks</li> <li>No lifting &gt; 1-2 lbs x 6 weeks</li> </ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> <li>Begin AAROM and AROM below 90 degrees pain free</li> </ul>
	<ul style="list-style-type: none"> <li>Start Isometrics in neutral</li> <li>ER/IR with light resistance in neutral (no strength above chest level)</li> <li>Scapular strength progression</li> </ul>
Cardiovascular Exercises	<ul style="list-style-type: none"> <li>Walking</li> <li>Stationary Bike</li> </ul>
Progression Criteria	<ul style="list-style-type: none"> <li>&gt; 75% ROM of the normal side</li> </ul>

#### PHASE III (6-12 WEEKS POST-OP)

Appointments	Continue physical therapy (1-2x week x 6 weeks)
Rehabilitation Goals	<ul style="list-style-type: none"> <li>Gain full ROM</li> <li>Strengthen through entire ROM</li> <li>Return to Sport training at 10-12 weeks</li> <li>Normalize shoulder mechanics in available ROM</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>Return to Sport 16 + weeks</li> <li>Avoid heavy lifting overhead and out from body x 12 weeks</li> </ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> <li>Overhead ROM progressing from light to moderate resistance</li> <li>ER/IR strength at 90/90</li> <li>Proprioceptive exercises</li> <li>Slow progression of weight bearing on wall/table to floor</li> <li>Plyometric training 10-12 weeks</li> <li>Sports specific training 10-12 weeks</li> </ul>
Cardiovascular Exercises	<ul style="list-style-type: none"> <li>Walking</li> <li>Biking 6-8 weeks</li> <li>Swimming 8-10 weeks</li> </ul>
Progression Criteria	<ul style="list-style-type: none"> <li>Return to Sport 3-6 months</li> </ul>

Physician's Signature: \_\_\_\_\_

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