

Clavicle ORIF (Rockwood Pin / Hook Plate)

In-Patient

- Confirm from op notes patient to follow protocol. (i.e. fixation satisfactory for mobilisation).
- Teach Home exercises
 - Pendulum movements
 - Active assisted/ Passive Flexion and Abduction to 90 degrees elevation.
 - Elbow, wrist and hand.
- Teach post op restrictions
 - No rotation
 - No combined elevation/ rotation
 - No elevation beyond 90 degrees
- Sling to be worn for 2 weeks (day and night, remove washing, dressing and exercises only)
- Refer for outpatients Physiotherapy.

Out Patients Physiotherapy

2 Weeks

- Pain control
- Reinforce post op restrictions
- Check Shoulder (flex / abd) and Elbow (flex / ext) ROM



