

Dr. Curtis Noel's Protocol for:

- **AC FIXATION**
- **CLAVICLE ORIF**
- **CLAVICLE NON-UNION**



Sling Use:

Sling for 8 weeks
No rehab for 4 weeks

Phase I: (Passive)	Week 5	<ul style="list-style-type: none"> • Pendulums to warm-up. • Passive Range of Motion • Supine External Rotation – Full • Supine Forward Elevation – Full- ***but slowly and be careful! • Internal Rotation - Full
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Phase II: (Active/Assistive)	Week 6&7	<ul style="list-style-type: none"> • Pendulums to warm-up. • Active Assistive Range of Motion with Terminal Stretch to prescribed limits. • Supine-Seated External rotation - Full • Supine-Seated Forward Elevation - Full • Internal Rotation - Full
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Phase III: (Resisted)	Week 8&9	<ul style="list-style-type: none"> • Pendulums to warm up and continue with phase 2. • External and Internal Rotation • Standing forward punch • Seated rows • Bicep Curls • PRE's for Periscapular Strengthening
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Weight Training:	Week 10-12	<ul style="list-style-type: none"> • Keep hands within eyesight • Keep elbows bent. • Minimize overhead activities (No Military press, pulldown behind head, or wide grip bench)
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Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	3-4 months	Golf
	4 months	Tennis
	4-5 months	Contact Sports