



## Post-Operative Rehabilitation ORIF Clavicle Fracture

### Phase I: Weeks 0-6

- Sling
  - 0-2 Weeks: Worn at all times, including sleep. May remove for showering and exercises.
  - 2-6 Weeks: Worn during the day, may remove at night and for showering and exercises.
- ROM
  - 0-3 Weeks: None
  - 3-6 weeks: begin PROM
    - Limit flexion to 90°,
    - external rotation to 45°
    - extension to 20°
- Exercises:
  - 0-3 weeks: elbow/wrist ROM, grip strengthening at home only
  - 2-6 weeks: begin PROM activities –Codman’s, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula

### Phase II: Weeks 6-12

- Sling: Discontinue
- ROM
  - Begin active/active assistive ROM, PROM to tolerance
  - **Goals:**
    - Full extension rotation
    - 35° flexion,
    - 120° abduction
- Exercises:
  - Continue Phase I work; begin active assisted exercises, deltoid/rotator cuff isometrics at 8 weeks
  - Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff

### Phase III: Weeks 12-16

- ROM
  - Gradual return to full AROM
- Exercises:

- Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization
- Begin muscle endurance activities (upper body ergometer)
- Aggressive scapular stabilization and eccentric strengthening
- Begin plyometric and throwing/racquet program, continue with endurance activities
- Cycling/running okay at 12 weeks or sooner if given specific clearance

**Phase IV 4-5 Months**

- ROM- Full, pain free Maintain ROM and flexibility
- Exercises:
  - Progress Phase III activities, return to full activity as tolerated