

**REhabilitation guidelines for Clavicle Fracture s/p ORIF**  
**Phase I (1-3 weeks post op)**

Appointments	MD appointment at (7-10 days) Begin physical therapy (after 3-5 days post op 1-2x week x 3 weeks)
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> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Sling for 6 weeks for patient comfort at all times (unless otherwise specified by MD in post-op note)</li> <li>• PROM flexion and abduction to full with slow progression</li> <li>• PROM IR/ER in neutral to full without restrictions</li> <li>• NWB x 6 weeks</li> </ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> <li>• Pendulums</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>

**Phase II (3-6 weeks post op)**

Appointments	Continue physical therapy (2x week x 3 weeks)
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> <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</li> </ul>
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**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 12 + 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>