

Clavicle ORIF Rehabilitation Protocol

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Diagnosis: Clavicle Fracture s/p ORIF

PT Frequency: 2-4 times per week

Week 0-1

- Sling at all times except during home exercise program and hygiene
- The Cryo/Cuff/ice should be used during this phase to control pain and swelling
- Sutures will be removed at 7-14 days and patient will begin formal rehabilitation

Weeks 1-4

- PROM to AAROM as tolerated, except the following
 - *No active IR/ extension for 4 weeks* Isometrics in sling
 - No resisted internal rotation/backward extension until 8-10 weeks post-op
- PROM in biceps flexion for first 4 weeks
- ROM goals: Week 1: 120° FF; 20° ER at side; ABD max 75° without rotation
- ROM goals: Week 2: 140° FF; 40° ER at side; ABD max 75° without rotation
- Grip strengthening OK
- Sling for 4 weeks

Weeks 4-12

- Begin AAROM to AROM for internal rotation and backwards extension as tolerated, if not already begun.
- Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
- Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions
- No resisted internal rotation/backwards extension until 8-10 weeks post-op

Months 3-6

- Begin resisted IR/BE (isometrics/bands): isometrics to light bands to weights
- Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 10-12 weeks.