



Rehabilitation Protocol ORIF Clavicle

Phase I: Protect fixation (1 to 2 weeks)

- Sling: for comfort
- Motion: Immediate Pendulum ROM exercises, No overhead motion
- Strengthening: No resistive exercises/activities

PHASE II: Advance ROM (2-6 weeks)

- Sling: for comfort
- Motion: Immediate Pendulum ROM exercises, Begin gentle PROM above shoulder level, Begin AROM, AAROM in all planes to pain tolerance
- Limit Forward Flexion and Abduction > 90 degrees x 4 weeks. Then advance.
- Strengthening: Begin gentle Theraband resistive exercises

Phase III: Restore function (6-12 weeks)

- Sling: Discontinue sling
- Motion: full motion by week 12
- Strengthening: Progress to higher weights and sports specific training at week 10
- Return to sports 3-6 months from surgery