



Clavicle Open Reduction Internal Fixation

Post-Operative Rehabilitation Protocol

0-2 weeks

- Sling on at all times for 4 weeks, taken off only for exercises and hygiene
 - May remove sling for shower but maintain arm in sling position
- Begin elbow/wrist ROM
- Grip strengthening

2-6 weeks

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

6-12 weeks

- Begin AAROM and AROM for internal rotation and backwards extension as tolerated
- 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

Shoulder Abduction Sling

Sling on at all times x 4 weeks, taken off only for PT exercises and hygiene

ROM Restrictions

PROM and AAROM beginning POD 1.
NO active IR or extension until 4 weeks post-op.



3-6 months

- Begin resisted IR/BE (isometrics/bands): isometrics and light bands and 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.



Exercise	Week														
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Initial Exercises:															
Active ROM: Elbow, Wrist, & Hand	█														
Pendulums	█														
Supine Elevation in Scapular Plane (140°)		█	█												
Scapular Stabilization		█	█	█											
Deltoid Isometric in Neutral		█	█	█	█										
Passive ROM	█														
Sling Discontinuation					█										
Advanced Exercises:															
Begin Active ROM (No IR until 8 weeks)								█							
Light Resisted Isometrics						█									
Light Stretching at End Ranges				█											
Upper Body Ergometer (unaffected arm may begin postoperative day 1)				█											
Eccentrically Resisted Motions/Plyometrics									█						
Sports Related Rehab											█				
Cardiovascular Exercises:															
Bike			█												
Elliptical Trainer								█							
Rowing												█			
Stair stepper								█							
Agility Exercises:															
Running Progression												█			
Functional Sports Test												█			
High Level Activities:															
Golf Progression												█			
Return to Throwing												█			
Return to Throwing from the Pitcher's Mound												█			
Return to Full/Collision Sport at 4-6 months post-op												█			

Adapted from post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS