

## **Clavicle Fracture ORIF Rehabilitation Protocol**

### **Phase I (Weeks 0-6)**

- **Weightbearing:** Non-weightbearing
- **Immobilizer:**
  - 0-2 weeks – Immobilized at all times day and night (Off for hygiene/gentle exercise only)
  - 2-6 weeks – Worn daytime only
- **Range of Motion:**
  - 0-3 weeks: None
  - 3-6 weeks: Begin PROM (Limit flexion to 90°, ER to 45°, extension to 20°)
- **Therapeutic Exercises:**
  - 0-3 weeks: elbow/wrist ROM grip strengthening at home only
  - 2-6 weeks: Begin PROM activities – Codman's, posterior capsular mobilizations, avoid stretch of anterior capsule and extension, closed chain scapula

### **Phase II (6-12 weeks):**

- **Range of Motion:**
  - Begin active/active assistance ROM, PROM to tolerance
  - Goals: Full extension, rotation, 135° flexion, 120° abduction
- **Therapeutic Exercises:**
  - Continue Phase 1 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 (12-16 weeks):**

- **Range of Motion:**
  - Gradual return to full AROM
- **Therapeutic Exercises:**
  - Continue Phase 2 work
  - 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 ok at 12 weeks or sooner if given specific clearance

### **Phase IV (4-5 months):**

- **Range of Motion:**
  - Full and pain free
- **Therapeutic Exercises:**
  - Maintain ROM and flexibility
  - Progress Phase III activities; return to full activity as tolerated. Begin muscle endurance activities (upper body ergometer)