

## **ORIF Clavicle Fracture and Acromioclavicular(AC)/Coracoclavicular(CC) Ligament Reconstruction Rehabilitation Protocol**

### **Phase I (Weeks 0-4)**

- Sling to be worn at all times except for showering; avoid unsupported arm; no lifting >5 lbs.
- Range of Motion
  - 0-4 weeks: No shoulder range of motion
- Therapeutic Exercise
  - Slow, small, gentle shoulder pendulum exercises with supervision of therapist
  - Elbow/wrist/hand range of motion and grip strengthening
  - Modalities per PT discretion to decrease swelling/pain

### **Phase II (Weeks 4-6)**

- Continue sling except for showering and PT; avoid unsupported arm; no lifting >5 lbs.
- Range of Motion
  - 4-6 weeks: PROM à FF to 90°, Abd to 60°, ER to neutral, extension to neutral, IR to chest wall.
- Therapeutic Exercise
  - Submaximal pain-free deltoid isometrics
  - Elbow/wrist/hand range of motion and grip strengthening

### **Phase III (Weeks 6-12)**

- No lifting >5 lbs
- Range of Motion
  - 6-8 weeks: AAROM à FF to 120°, Abd to 90°, ER to neutral, extension to neutral, IR to chest wall.
  - 8-10 weeks: AAROM/AROM à FF to 140°, Abd to 120°, ER/IR to 45 with arm abducted.
  - > 10 weeks: AAROM/AROM à Advance to full AROM in all planes.
- Therapeutic Exercise
  - Begin pain-free isometric rotator cuff and deltoid exercises at 6 weeks
  - Begin gentle rotator cuff and scapular stabilizer strengthening at 8 weeks

### **Phase IV (Months 4-6)**

- Range of Motion – Full without discomfort; no lifting restrictions
- Therapeutic Exercise – Advance strengthening as tolerated: isometrics à therabands à light weights
  - Scapular and latissimus strengthening
  - Humeral head stabilization exercises
  - Rotator cuff, deltoid and biceps strengthening
- Modalities per PT discretion