

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