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Clavicle ORIF Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (week 0-2)	<ul style="list-style-type: none"> Sling use full time x 6 weeks 	<ul style="list-style-type: none"> PROM only <ul style="list-style-type: none"> 0-90 deg FF 0-90 deg ABD 0-30 deg IR/ER Full A/PROM of digits, wrist, elbow No horizontal ADD 	<ul style="list-style-type: none"> Cervical ROM Ankle pumps Ball squeezes Pendulums
Phase 2 (week 2-4)	<ul style="list-style-type: none"> Sling use full time x 6 weeks 	<ul style="list-style-type: none"> Begin full PROM Begin AROM: <ul style="list-style-type: none"> 0-90 deg FF 0-90 deg ABD 0-30 deg IR/ER 	All of the above Light isometric strengthening: <ul style="list-style-type: none"> Biceps/triceps ER/IR Flexion/ABD
Phase 3 (week 4-6)	<ul style="list-style-type: none"> Sling use full time x 6 weeks 	<ul style="list-style-type: none"> Full A/PROM of shoulder 	Gentle strengthening including: <ul style="list-style-type: none"> Full cans Low rows Triceps ER/IR Bicep curls
Phase 4 (week 6-8)	<ul style="list-style-type: none"> D/C sling 	<ul style="list-style-type: none"> Full A/PROM of shoulder 	<ul style="list-style-type: none"> No restrictions – progress strengthening as tolerated