

# CLAVICLE ORIF POST-OPERATIVE REHABILITATION PROTOCOL

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### PHASE I (0-2 WEEKS)

- Sling at all times for 4 weeks, except for hygiene and ROM exercises
- Cryotherapy 4x daily PRN, 20 min on, 20 min off
- PROM to shoulder height only (0-90 FF, 0-90 ABD, 0-30 IR/ER). No shoulder AROM.
- Avoid shoulder adduction
- Full Active & Passive ROM elbow, wrist, digits 2x daily
- Pendulum exercises, ball squeezes
- No lifting >1 lb. No running. Walking only.

### PHASE II (2-4 WEEKS)

- Sling at all times except for hygiene and ROM exercises. May remove sling for sleep, if comfortable.
- Advance to full PROM of shoulder
- Begin AROM to shoulder height only (0-90 FF, 0-90 ABD, 0-30 IR/ER).
- Full Active & Passive ROM elbow, wrist, digits 2x daily
- Begin light isometric strengthening of shoulder including periscapular stabilization
- No lifting >1 lb. No running. Stationary bike OK without arm use.

### PHASE III (4-6 WEEKS)

- Wean from sling.
- Advance to full Active and Passive ROM of shoulder
- Continue early strengthening including rotator cuff and periscapular stabilization/coordination
- No lifting >5 lbs. No running. Stationary bike OK with gentle arm use if comfortable

### PHASE IV (6-10 WEEKS)

- No restrictions
- Progress strengthening as tolerated
- Continue to enforce good shoulder mechanics throughout strengthening phase
- OK for running and aerobic activity – no return to contact sport until cleared by clinic