

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)