

## **ORIF Clavicle Fracture Rehabilitation Protocol**

### **Weeks 1-2:**

- Sling- for comfort
- Motion: Immediate Pendulum ROM exercises, assisted bicep curls, No overhead motion, Passive ROM>90 degrees after week 1.
- Strengthening: No resistance exercises

### **Weeks 2-6:**

- Sling: for comfort; Okay to discontinue sling at end of post op week 4.
- Motion: Immediate Pendulum ROM exercises, Begin gentle PROM above shoulder level, Begin AROM, AAROM in all planes to pain tolerance
- Strengthening: Begin gentle theraband resistive exercises

### **Week 6-12:**

- Sling: Discontinue sling
- Motion: Full motion by week 12
- Strengthening: Progress to higher weights and sports specific training at week 10
- Return to sports 3-6 months from surgery