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## **POST-OPERATIVE REHABILITATION PROTOCOL CLAVICLE FRACTURE FIXATION (ORIF)**

### **PRECAUTIONS**

During 1<sup>st</sup> six weeks

Sling for 2-4 weeks as tolerated  
No active forward flexion/abduction beyond 120 degrees  
No cross body adduction  
No lifting/pushing/pulling > 5 lbs

### **PHASE 1**

Weeks 1 and 2

Arm in sling at all times except exercises and bathing  
Pendulum exercises  
Elbow/Wrist/Hand ROM

### **PHASE II**

Weeks 3 to 6

Pendulums to warm-up  
PROM of shoulder:  
    FF/abduction to 120 degrees  
    ER as tolerated, IR in scapular plane  
Modalities to decrease pain and inflammation

### **PHASE III**

Weeks 7 to 12

Pendulums to warm-up  
Progress to full forward elevation, ER, IR behind the back  
Posterior capsular stretching  
Isometric strengthening in flexion, abduction, IR, ER, extension  
Add progressive low-resistance isotonic  
Anterior deltoid strengthening and scapular stabilization  
Continue aerobic conditioning

### **PHASE IV**

Weeks 12 and beyond

Initiate aggressive strengthening program as tolerated  
Increase intensity of strength and functional training  
Sport-specific training  
Gradual return to activities and sports participation

### **RETURN TO SPORTS**

Once painless shoulder function has been achieved and strength has returned, and an athlete has completed the return to play rehab, then an athlete may return to play.