POST-OPERATIVE REHABILITATION PROTOCOL
CLAVICLE FRACTURE FIXATION (ORIF)

PRECAUTIONS
Sling for 2-4 weeks as tolerated
During 1st six weeks No active forward flexion/abduction beyond 120 degrees
No cross body adduction
No lifting/pushing/pulling > 5 lbs

PHASE I
Arm in sling at all times except exercises and bathing
Weeks 1 and 2 Pendulum exercises
Elbow/Wrist/Hand ROM

PHASE II
Pendulums to warm-up
Weeks 3 to 6 PROM of shoulder:
    FF/abduction to 120 degrees
    ER as tolerated, IR in scapular plane
Modalities to decrease pain and inflammation

PHASE III
Pendulums to warm-up
Weeks 7 to 12 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 isotonics
Anterior deltoid strengthening and scapular stabilization
Continue aerobic conditioning

PHASE IV
Initiate aggressive strengthening program as tolerated
Weeks 12 and beyond 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.