

## Rehabilitation Protocol: ORIF Clavicle Fracture

Dr Shane Hanzlik

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

- Sling: for comfort
- Motion: Immediate Pendulum ROM exercises, No overhead motion
- Strengthening: No resistive exercises/activities

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

- Sling: for comfort
- 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

### **Weeks 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