

Postoperative Rehabilitation Protocol for
Clavicle Fracture Open Reduction Internal Fixation (ORIF)

	Range of Motion	Sling	Exercises
Phase 1 0-6 weeks	0-3 weeks: None 3-6 weeks: begin PROM Limit flexion to 90°, external rotation to 45°, extension to 20°	0-2 weeks: Immobilized at all times day and night Off for hygiene and gentle exercise only 2-6 weeks: Worn daytime only	0-3 weeks: elbow/wrist ROM, grip strengthening at home only 3-6 weeks: begin PROM activities – Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula
Phase 2 6-12 weeks	Begin active/active-assistive ROM, PROM to tolerance Goals: Full extension rotation, 135° flexion, 120° abduction	None	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 3 12-16 weeks	Gradual return to full AROM	None	Advance activities in Phase 2; 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 okay at 12 weeks or sooner if given specific clearance
Phase 4 4-5 months**	Full and pain-free	None	Maintain ROM and flexibility Progress Phase 3 activities, return to full activity as tolerated

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II

**Limited return to sports activities