



WAYPOINT

ORTHOPAEDIC ASSOCIATES

Clavicle ORIF Rehab Protocol

- Sling for 4-6 weeks. Out of sling only for exercises and bathing.
- First 2 weeks, pendulum exercises only 3 times per day for shoulder.
- Full range of motion with wrist and elbow should be started immediately 3 times per day.

Phase 1 - (Passive)

Week 2 - 5 Forward elevation, external rotation , internal rotation.
Pendulums to warm-up.
At 4 weeks begin Active assist ROM

Phase 2 - (Active)

Week 5 - 7 Forward elevation, external rotation, internal rotation.
Terminal stretch.
Pendulums to warm-up.

Phase 3 - (Resisted)

Week 7 Forward elevation, external rotation, internal rotation.
Shrugs, rows.
Continue with Phase 2.
Pendulums to warm-up.

Weight Training

Begin 2-3 months post-op No long lever-arm, abducted position or impingement position exercises.

Return to Activities

Computer	5 weeks
Golf	3.5 months
Tennis	4 months
Contact Sports	4-5 months