



# ORIF Clavicle Rehabilitation Protocol

## Phase 1 (0-6 weeks post-op)

### Rehabilitation Goals

- Protect the surgical reconstruction.
- Retard muscular atrophy.
- Decrease pain/inflammation.

### PRECAUTIONS

- **NO** pushups, heavy lifting, or other sports participation
- **NO** Active motion above 90 degrees

### Sling

Sling use for comfort. Recommend wearing slings as follows:

- Days 1-14: wear sling ~75% of the time
- Days 14-28: wear sling ~50% of the time
- Days 28-42: d/c sling

### Wound

- Post-op dressing remains intact until post-op day #3 (~72 hours after surgery)
- May begin showering after post-op day #3 (no need to cover incision site)
- **\*Do NOT** submerge knee in tub or pool for 4 weeks\*
- Begin scar massage after incision site sloughs/scar is formed
- Suture/staple removal @ 7-10 days per Ortho/PT

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## Phase 1 (0-6 weeks post-op)

### Rehabilitation

- Frequent use of ice
- Passive motion once a week to pain tolerance with Physical therapy

### **Days 1-7**

- Modified Pendulum - progress to full pendulum after 3-5 days
- Supine Assisted Shoulder Flexion /Abduction to 90 degrees- assisted with opposite hand
- Elbow, Wrist, & Hand: ROM ex's, gripping, squeezing
- Gentle ("Two Finger") Isometrics: light pain free resistance (all directions)
- Aerobic Conditioning on Stationary Bike

### **Days 8-14**

- Scapular Retraction & Protraction
- Lower Extremity Weight Lifting: May begin leg & calf press, hamstring curls, hip add/abd

### **Days 15 +**

- Progressive strengthening: ER & IR with arm at side  
(first set: 20 repetitions, then 1 additional set at the same weight to muscle failure)
- Aerobic Conditioning: Bike and Stairmaster as desired

### Documentation

- Precautions, pain level, medications and modalities
- Observation: (incision sites) - Signs/symptoms of infection? Site healing well? Neurovascular status:  
Distal pulses, motor and sensation intact? Shoulder ROM & strength

### **CRITERIA FOR PROGRESSION TO PHASE 2**

- Minimal pain and tenderness
- Satisfactory radiographic follow up with physician
- Good (grade 4/5)MMT of external and internal rotation and abduction

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# ORIF Clavicle Rehabilitation Protocol

## Phase 2 (6-12 weeks post-op)

### Rehabilitation Goals

- Reestablish full nonpainful ROM
- Minimize muscular atrophy
- Regain and improve muscular strength
- Normalize arthrokinematics
- Improve neuromuscular control of shoulder complex

### PRECAUTIONS

- **NO** regular pushups, heavylifting, or other sports participation

### Rehabilitation

- Continue phase I exercises as needed
- Progress to the following exercises and increase intensity gradually when patient is ready
- \*Note: all strengthening should be done, starting with low weights, high repetitions, and in a painless ROM\*
- UBE as tolerated start 1-3 minutes and progress



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