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POST-OPERATIVE REHABILITATION PROTOCOL

Clavicle ORIF

Phase I 0–6 WEEKS

RANGE OF MOTION

- 0–3 weeks: None; 3–6 weeks: begin PROM; limit flexion to 90°, external rotation to 45°, extension to 20°

IMMOBILIZER

- 0–2 weeks: Immobilized at all times, day and night; off for hygiene and gentle exercise only; 2–6 weeks: Worn daytime only

EXERCISES

- 0–3 weeks: elbow/wrist ROM, grip strengthening at home only
- 2–6 weeks: begin PROM activities — Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula

GOALS Protect fixation

Phase II 6–12 WEEKS

- **Range of motion:** Begin active/active-assistive ROM, PROM to tolerance
- **Goals:** Full extension rotation, 135° flexion, 120° abduction
- **Immobilizer:** None

EXERCISES

- Continue Phase I work; begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks
- Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*

GOALS Active-assisted ROM

Phase III 12–16 WEEKS

- **Range of motion:** Gradual return to full AROM
- **Immobilizer:** None

EXERCISES

- Advance activities in Phase II; 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

GOALS Full AROM

Phase IV 4-5 MONTHS**

- **Range of motion:** Full and pain-free
- **Immobilizer:** None
- **Exercises:** Maintain ROM and flexibility; progress phase III activities, return to full activity as tolerated

GOALS Return to activity

Return to Sport & Discharge Criteria

- Healing confirmed by Dr. Kelly; full functional ROM
- Strength $\geq 90\%$ of opposite side; graduated return to impact after clearance

**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*

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

