



Clavicle Open Reduction Internal Fixation (ORIF) Post-Operative Rehabilitation Protocol

0-2 Weeks:

- **Sling:** Wear the sling at all times for the first 4 weeks, removing it only for exercises and hygiene.
 - Sling may be removed for showering, but keep the arm in the sling position.
- **Exercises:** Begin elbow and wrist range of motion (ROM) exercises.
- **Strengthening:** Initiate grip strengthening.

2-6 Weeks:

- **ROM:** Begin passive range of motion (PROM) and active-assisted range of motion (AAROM) as tolerated, with the following restrictions:
 - No active internal rotation (IR) or shoulder extension for the first 4 weeks post-op.
 - PROM for biceps flexion is allowed for the first 4 weeks.
- **ROM Goals:**
 - Week 1: 120° forward flexion (FF), 20° external rotation (ER) at the side; abduction (ABD) limited to 75° without rotation.
 - Week 2: 140° forward flexion (FF), 40° external rotation (ER) at the side; abduction (ABD) limited to 75° without rotation.
- **Strengthening:** Continue grip strengthening.
- **Restrictions:**
 - No resisted internal rotation or backward shoulder extension until 8-10 weeks post-op.

6-12 Weeks:

- **ROM:** Begin AAROM and active range of motion (AROM) for internal rotation and backward extension as tolerated.
- **Stretching:** Gradually increase ROM with gentle passive stretching at the end ranges.
- **Strengthening:** Begin light resisted exercises for external rotation (ER), forward flexion (FF), and abduction (ABD) using isometrics and bands.

- Focus on concentric movements.
- **Restrictions:**
 - No resisted internal rotation or backward extension until 8-10 weeks post-op.

3-6 Months:

- **Resisted IR/BE:** Begin resisted internal rotation (IR) and backward extension (BE) exercises using light isometrics and bands.
- **Strengthening:** Continue advancing strengthening exercises as tolerated. Start with 10 reps per set for rotator cuff, deltoid, and scapular stabilizer muscles.
- **ROM:** Increase ROM to full with passive stretching at the end ranges.
- **Advanced Exercises:** Begin eccentric exercises, plyometrics, and closed-chain activities around 10-12 weeks post-op.

Sling Usage: Keep the sling on for 4 weeks, removing only for physical therapy exercises and hygiene.

ROM Restrictions: Start PROM and AAROM on post-op day 1. Avoid active internal rotation (IR) and shoulder extension until 4 weeks post-op.

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery