



Dr. Joshua Alpert  
 Post-Operative Rehabilitation Protocol:  
 Clavicle Fracture Surgery/Clavicle ORIF

	<b>Range of Motion</b>	<b>Sling</b>	<b>Exercises</b>
<p><b>PHASE I</b> 0-6 weeks</p> <p>No physical therapy.</p>	<p>No above waist-level activities</p> <p>No moving the shoulder</p>	<p>Worn at all times except for hygiene.</p>	<p>Pendulum exercise, elbow/wrist ROM, grip strengthening at home</p>
<p><b>PHASE II</b> 6-8 weeks</p> <p>Physical therapy starts.</p>	<p>Begin active/active assistive ROM, PROM to tolerance</p> <p>Goals: full extension rotation, 135° flexion, 120° abduction</p>	<p>None</p>	<p>Focus on gentle ROM. begin active-assisted exercises</p> <p>Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff</p>
<p><b>PHASE III</b> 8-12 weeks</p>	<p>Gradual return to full AROM</p>	<p>None</p>	<p>Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization deltoid/rotator cuff isometrics</p> <p>Begin muscle endurance activities (upper body ergometer)</p> <p>Aggressive scapular stabilization and eccentric strengthening</p> <p>Begin plyometric and throwing/racquet program, continue with endurance activities</p>

			Cycling/running okay at 12 weeks or sooner if given specific clearance  Progress to work conditioning
<b>PHASE IV</b> 12 weeks+	Full and pain-free	None	Start strengthening. Maintain ROM and flexibility  Return to full activity as tolerated  Begin work conditioning
<b>PHASE V</b> 16+ weeks	Full ROM	None	Return to sports

Fox Valley Orthopedics  
420 W. Northwest Highway  
Barrington, IL 60010  
847.382.6766

Fox Valley Orthopedics  
1710 Randall Road  
Elgin, IL 60123  
224.293.1170