

## Open Reduction and Internal Fixation of the Clavicle Rehabilitation Protocol

	Range of Motion	Sling	Exercises
<b>Phase 1</b> 0-4 weeks	<p>Week 1 - Passive shoulder ROM up to 90 degrees.</p> <p>Week 2-4 - Progress passive ROM about 90. Active shoulder ROM as tolerated limit with pain.</p>	<b>0-4 weeks:</b> Sling for comfort	<p><b>0-1 weeks:</b> wrist/hand ROM, pendulums, Passive shoulder ROM up to 90 degrees.</p> <p><b>2-4 weeks:</b> Grip strengthening, pulleys/canes, closed chain scapula</p> <p>Progress active shoulder ROM (limiting with pain).</p> <p>No resistance exercises.</p> <p>Begin scapular protraction/retraction</p>
<b>Phase 2</b> 4-8 weeks	Increase as tolerated to full	None	<p>Discontinue Sling</p> <p>Advance ROM as tolerated (Goals FF to 160°, ER to 60°)</p> <p>Begin Isometric exercises</p> <p>Progress deltoid isometrics</p> <p>ER/IR (submaximal) at neutral</p> <p>Advance to TheraBand as tolerated</p>
<b>Phase 3</b> 8-12 weeks	Progress to full without discomfort	None	<p>Advance to full, painless ROM</p> <p>Continue strengthening as tolerated</p> <p>Begin eccentrically resisted motion and closed chain activities</p> <p>Advance to sport and full activity as tolerated after 12 weeks</p>