**Rehabilitation Protocol**

**Clavicle ORIF**

* **Sling for 3 weeks**

**Phase 0 – Quiet (Week 0 - 2)**

* Elbow-wrist-hand ONLY
* Ok to come out of sling for hygiene
* Gentle pendulums (lean forward and passively swing arm in small alternating circles) (every 1-2 hours for 3-5mins)

**Phase I – Passive Motion (Week 3 - 6)**

***Pendulums to warm-up - Passive range of motion***

* Passive shoulder range of motions - - as tolerated
* Supine external rotation - **GRADUALLY increase to full by week 12**
* Supine forward elevation - **GRADUALLY increase to full by week 12**
* may start rehab in warm water pool at 3 weeks
* Begin PROM activities - - codman’s, posterior capsule mobilizations, avoid stretch of anterior capsule and extension, closed chain scapula
* Passive and active assist elbow range of motion - - as tolerated
* Ice: continue to ice on a regular basis. At least 20 minutes at a time, 4-5 times per day.
* Shower: On post-op day 3
* Appointment: your first therapy appointment should begin 1 week after surgery.

**Phase II – Active Motion (Week 7 - 11)**

***Pendulums to warm-up***

***Active range of motion with passive stretch***

* SupineSeated External Rotation
* SupineSeated Forward Elevation
* Internal rotation – **GRADUALLY increase to full by week 12**
* Active shoulder range of motion to full
* Active elbow range of motion to full
* Begin light resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff

**Phase III – Resisted (Week 12 & Beyond)
*Pendulums to warm up and continue with phase 2***

* Increased ROM to full with passive stretching at end range
* Begin muscle endurance activities
* Aggressive scapular stabilization and eccentric strengthening
* Begin plyometric and throwing/racquet program
* External and Internal Rotation
* Standing forward punch
* Seated Rows
* Shoulder Shrugs
* Bicep Curls
* Bear Hugs

**Phase IV – Weight Training (Week 16)**

* Keep hands within eyesight, keep elbows bent, no long lever arms
* Minimize overhead activities (below shoulder level)
* No military press, pull-downs behind head, or wide grip bench
* Gradual progression of resistance controlling velocity, duration, intensity, and frequency
* MMI is usually at 12 months post-op

**RETURN TO ACTIVITIES**

Computer as tolerated

Driving When no longer taking narcotics

Elliptical 1 months

Jogging 2 months

Light Swimming 3 months

Golf (Chip & Putt) 3 months

Golf (Irons & Driver) 4-5 months

Tennis 4-5 months

Weight training 4-5 months

Skiing 6 months

Contact Sports 6 months

\*\*Heavy overhead lifting (military press), pull-down behind head, wide grip bench and dips are discouraged.