REHABILITATION GUIDELINES FOR CLAVICLE FRACTURE S/P ORIF

PHASE I (*1-3 WEEKS POST OP*) DATES:

Appointments	MD appointment at *(7-10 days)* Begin physical therapy *(after 3-5 days post op 1-2x week x 3 weeks)*
Rehabilitation Goals	• Protect surgical repair • Prevent shoulder stiffness • Wound healing • Decrease pain and swelling
Precautions	• **Sling for 2 weeks for patient comfort, discontinue at 2 weeks unless otherwise specified by MD in post-op note.** • PROM flexion and abduction to full with slow progression • PROM IR/ER in neutral to full without restrictions • NWB x 6 weeks
Suggested Therapeutic Exercises	• Pendulums • Scapular retraction AROM • PROM table slides flexion to 90 degrees only • Cervical and wrist ROM and stretching
Cardiovascular Exercises	• Stationary Bike
Progression Criteria	• Pain free PROM up to 90 degrees

PHASE II (*3-6 WEEKS POST OP*) DATES:

Appointments	Continue physical therapy *(2x week x 3 weeks)*
Rehabilitation Goals	• Protect surgical repair • Gain ROM • Begin light pain free strengthening in neutral • Scar tissue management
Precautions	• NWB x 6 weeks • No lifting > 1-2 lbs x 6 weeks
Suggested Therapeutic Exercises	• Begin AAROM and AROM below 90 degrees pain free • Start Isometrics in neutral

	• ER/IR with light resistance in neutral (no strength above chest level) • Scapular strength progression
Cardiovascular Exercises	• Walking • Stationary Bike
Progression Criteria	• > 75% ROM

PHASE III (*6-12 WEEKS POST-OP*) DATES:

Appointments	Continue physical therapy *(1-2x week x 6 weeks)*
Rehabilitation Goals	• Gain full ROM • Strengthen through entire ROM • Return to Sport training at 10-12 weeks • Normalize shoulder mechanics in available ROM
Precautions	• Return to Sport 10-12 weeks • Avoid heavy lifting overhead and out from body x 12 weeks
Suggested Therapeutic Exercises	• Overhead ROM progressing from light to moderate resistance • ER/IR strength at 90/90 • Proprioceptive exercises • Slow progression of weight bearing on wall/table to floor • Plyometric training 10-12 weeks • Sports specific training 10-12 weeks
Cardiovascular Exercises	• Walking • Biking 6-8 weeks • Swimming 8-10 weeks
Progression Criteria	• Return to Sport 3-6 months

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MD name and date: Approved by Dr. Timothy Crall 4/30/18
Updated by Syd Knadler 10/2026; Approved by Dr Crall 10/2026

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