

## **Rehabilitation Protocol: Open Reduction Internal Fixation of Clavicle Fracture**

- Phase I:  
0-4 weeks**
- Brace: Sling use at all times except hygiene & gentle exercise; after 2 weeks okay to remove while seated and awake with elbow supported but otherwise continue at night
  - ROM:
    - > Active shoulder ROM: none
    - > Passive shoulder ROM: pendulums
    - > Elbow, wrist, digit ROM as tolerated - assisted bicep curls
  - Weightbearing: Non-weightbearing
  - Strengthening: Grip strengthening ok
- Phase II:  
4-6 weeks**
- Brace: wean out of sling
  - ROM: Limit extension to 20 deg, ER to 45 deg, flexion to 90 deg
    - > Active shoulder ROM: none
    - > Passive shoulder ROM: begin PROM
    - > Elbow, wrist, digit ROM as tolerated
  - Weightbearing: Non-weightbearing
- Phase III:  
6-12 weeks**
- Brace: sling only in public
  - ROM: full
    - > Active shoulder ROM: begin active assisted ROM, then transition to active ROM as tolerated
    - >> Goals: full extension, rotation, 135 flexion, 120 abduction
    - > Passive shoulder ROM: PROM as tolerated
    - > Elbow, wrist, digit ROM as tolerated
  - Weightbearing: <5 lbs
  - Strengthening: gentle strengthening beginning below horizontal plane, no repeated heavy resisted exercises or lifting until 12 weeks
  - Exercises:
    - Deltoid/cuff isometrics at 8 weeks
    - Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff
- Phase IV:  
12-16+ weeks**
- Brace: none
  - ROM:
    - > Active shoulder ROM: active ROM as tolerated
    - > Passive shoulder ROM: passive ROM as tolerated
    - > Elbow, wrist, digit ROM as tolerated
  - Weightbearing: advance as tolerated
  - Strengthening: as tolerated, endurance training
  - Transition to home exercise program
  - Functional activities and sport-specific demands
  - Return to sport after clearance by MD - noncontact typically ~14-16 weeks, contact typically ~18-20 weeks