

**Rehabilitation Protocol:**  
**Open Reduction Internal Fixation of Distal Clavicle Fracture**  
**with Coracoclavicular Ligament Repair**

**Phase I:**  
**0-4 weeks**

- Brace: Sling use at all times except hygiene & gentle exercise
- 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 gradually over two weeks
- ROM:
  - > Active shoulder ROM: none
  - > Passive shoulder ROM: 0-90 FF, 0-45 ABD MAX, ER/IR as tolerated
  - > Elbow, wrist, digit ROM as tolerated
- \*No cross body adduction x8 weeks\*
- Weightbearing: Non-weightbearing
- Strengthening: isometric exercises in all planes

**Phase III:**  
**6-12 weeks**

- Brace: sling only in public
- ROM:
  - > Active shoulder ROM: begin active-assisted and active ROM after achieving passive ROM goals
  - > Passive shoulder ROM: 0-90 FF, 0-45 ABD MAX, ER/IR as tolerated
  - > Elbow, wrist, digit ROM as tolerated
- \*No cross body adduction x8 weeks\*
- Weightbearing: Non-weightbearing
- Strengthening: isometric exercises in all planes. strengthening beginning below horizontal plane only after evidence of radiographic healing (minimum 8 weeks postop)

**Phase IV:**  
**12+ 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: as tolerated
- Strengthening: as tolerated, endurance training. Resistance above horizontal and in shoulder flexion after full ROM regained.
- Transition to home exercise program
- Functional activities and sport-specific demands
- Return to sport after clearance by MD - noncontact typically ~18 weeks, contact typically ~22 weeks (require full ROM, radiographic evidence of healing, strength >90% of contralateral extremity)