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Clavicle ORIF Rehab Protocol

	Range of Motion	Immobilizer	Exercises
Phase I 0-6 weeks	0-3 weeks: none 3-6 weeks: begin PROM Limit flexion to 90°, external rotation to 45°, extension to 20°	0-4 weeks: Immobilized at all times day and night Off for hygiene and gentle exercise only 4-6 weeks: Worm daytime only	0-3 weeks: Elbow/wrist ROM, Grip strengthening at home only, Pendulums 2-6 weeks: Begin PROM activities-posterior capsule mobilization; avoid stretch of anterior capsule and extension; closed chain scapula
Phase II 6-12 weeks	Begin active/active assistive ROM, PROM to tolerance Goals: Full extension rotation, 135° flexion, 120° abduction	None	Begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilizers, biceps triceps and rotator cuff*
Phase III 12-16 weeks	Gradual return to full AROM	None	Emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities Cycling/running okay at 12 weeks or sooner if given specific clearance
Phase IV 4-5 months	Full and pain-free	None	Maintain ROM and flexibility Progress Phase III activities, return to full activity as tolerated

*Keep all strengthening exercises below the horizontal plane in phase II