

SHOULDER

Clavicle Fracture ORIF

Surgery Date: _____

Progressions are time and criterion-based, dependent on soft tissue healing, patient demographics and clinician evaluation. A review of the operative note and communication of any concerns with the referring physician is encouraged. Use of allowed visits should consider overall insurance limitations. When limitations are present, spread visits out over time to ensure that the patient can optimally complete rehab program with return to appropriate activities.

Weeks 0 – 2: Period of Protection | No Formal PT

Sling

- At all times, except for hygiene

Range of Motion

- No active or active-assisted shoulder motion during this phase. Gentle passive motion (pendulums) is permitted; formal passive range of motion begins in Phase I as shown below, within the protected limits. Hand, wrist, and elbow motion are allowed.

Exercise

- Pendulums (passive, gravity-assisted) and grip strengthening are permitted; no active or active-assisted shoulder motion or strengthening during this phase.

Phase I (Weeks 2 – 6)

Sling

- At all times, except for hygiene and exercises

Range of Motion

- Shoulder PROM as tolerated, including FF and ER
 - No cross-body adduction or heavy overhead stretching

Exercise

- Continue pendulums
- Scapular stabilization exercises (shrugs, retraction)
- Elbow/wrist/hand ROM and strengthening

Modalities

- Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase II (Weeks 6 – 12)

Sling

- Discontinue at 6 weeks

Range of Motion

- Progress PROM/AAROM/AROM as tolerated
- Begin cross-body adduction stretching at 8 weeks

Exercise

- Begin isometric then isotonic rotator cuff and deltoid strengthening
- Progress scapular stabilization
- Closed chain exercises as tolerated

Modalities

- Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Phase III (Weeks 12+): Return to Activity

Range of Motion

- Full, painless

Exercise

- Advance strengthening as tolerated
- Sport/work specific exercises

Return to Activity

- Return to non-contact sports at 3 months if pain-free with full ROM and adequate strength
- Return to contact sports at 4–6 months with physician clearance