



Physical Therapy Protocol – Clavicle ORIF

	Weight Bearing and ROM	Brace Use	Therapy*
Phase I 0-6 weeks	<p>Non-weightbearing</p> <p>0-3 weeks: no ROM</p> <p>3-6 weeks: begin PROM</p> <p>Limit flexion to 90°, external rotation to 45°, extension to 20°</p>	<p>0-3 weeks: immobilizer all times, off only for hygiene.</p> <p>3-6 weeks: wear during daytime only.</p>	<ul style="list-style-type: none"> • 0-3 weeks: elbow, wrist ROM; grip strengthening at home only. • 3-6 weeks: begin PROM activities; pendulum hanging exercises, posterior capsule mobilization, closed chain scapula exercises; <i>avoid stretch of anterior capsule and extension</i>
Phase II 4-6 weeks	<p>Gradually advance to weightbearing as tolerated</p> <p>Begin active/active-assisted ROM</p> <p>Increase PROM as tolerated</p> <p>Goals: full extension, rotation, 135° flexion, 120° abduction</p>	<p>Discontinue immobilizer</p>	<ul style="list-style-type: none"> • Continue Stage I exercises, begin active-assisted exercise • Deltoid/rotator cuff isometrics begin at 8 weeks • Begin resistance exercise for scapular stabilizers, biceps, triceps, rotator cuff • Protect anterior capsule from stress during resistance exercises • Keep all strengthening exercises below horizontal plane
Phase III 6 – 16 weeks	<p>Gradual return to full active ROM</p>	<p>None</p>	<ul style="list-style-type: none"> • Advance Stage II exercises; increase external rotation, eccentric latissimus exercises, glenohumeral stabilization • Begin muscle endurance activities • Aggressive scapular stabilization • Eccentric strengthening • Begin plyometric and throwing activities • Cycling and running okay at 12 weeks •
Phase IV 16 – 24 weeks	<p>Full ROM</p>	<p>None</p>	<ul style="list-style-type: none"> • Maintain ROM and flexibility • Advance Stage III exercises • Full return to activity as tolerated

*Modalities per therapist including electrical stimulation, ultrasound, heat (before), ice (after).