



Post-Operative Rehabilitation Guidelines: Clavicle ORIF

Phase I: Weeks 1-6

1. Encourage HEP provided post-op **in addition to** formal PT – pendulums, elbow/wrist ROM, grip strength
2. Remain in sling 4-6 weeks
3. **True PROM only** - the rotator cuff tendon needs to heal back into the bone
4. ROM goals: 90° FF/40° ER at side; abduction max 60-80° without rotation
5. **No resisted motions** of shoulder until 12 weeks post-op
6. Grip strengthening
7. No canes/pulleys until 6 weeks post-op, as these are active-assisted exercises
8. Heat before PT, ice after PT

Phase II: Weeks 6-12

1. Begin AAROM → AROM as tolerated
2. **Goals:** Same as above, but can increase as tolerated
3. Light passive stretching at end ranges
4. Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc.)
5. At 8 weeks, can begin strengthening/resisted motions
6. Isometrics with arm at side beginning at 8 weeks

Phase III: Months 3-12

1. Advance to full ROM as tolerated with passive stretching at end ranges
2. Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
3. Limit strengthening 3x/week to avoid rotator cuff tendonitis
4. Begin eccentrically resisted motions, plyometrics (i.e. weighted ball toss), proprioception (i.e. body blade)
5. Begin sports related rehab at 3-4 months, including advanced conditioning; MMI ~ 4-6 months
 - a. Return to sports at 4-6 months
 - b. Collision sports at 6 months

Important Information

- *Office Hours:* Monday – Friday; 7:30am –4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self/#/schedule/29>
- *Administration:* Jeannie Taylor – 312.432.2525
- *Physician Assistants:* Sara, Delaney, & Erica – 312.432.2388 | nhopa@rushortho.com

We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.