

Post-Operative Rehabilitation Guidelines for Clavicle Open Reduction Internal Fixation

Weeks 0-6

- PROM -> AAROM as tolerated, except the following. . .
 - No active IR/ extension for 4 weeks.
- PROM in biceps flexion for first 4 weeks
- ROM goals: Week 1: 120° FF/20° ER at side; ABD max 75° without rotation
- ROM goals: Week 2: 140° FF/40° ER at side; ABD max 75° without rotation
- No resisted internal rotation/backward extension until 8-10 weeks post-op
- Grip strengthening OK
- Sling for 4 weeks

Weeks 6-12

- Begin AAROM -> AROM for internal rotation and backwards extension as tolerated, if not already begun.
- Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
- Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions
- No resisted internal rotation/backwards extension until 8-10 weeks post-op

Months 3-6

- Begin resisted IR/BE (isometrics/bands): isometrics à light bands à weights
- Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 10-12 weeks.