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Hip, Knee, Shoulder &amp; Sports Medicine Surgery

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**CLAVICLE ORIF REHABILITATION PROTOCOL**

Phase	Restrictions	Therapeutic Exercises
Phase 1: Weeks 0-2  Goals: Reduce swelling and edema, minimize pain, retard muscle atrophy, protect the surgical repair, and avoid shoulder stiffness	-Sling for comfort during the day -Sleep in the sling for the first 2 weeks -NO lifting more than 3lbs for 4 weeks	-PROM, AROM, AAROM: 0-90 degrees flexion and abduction, and external rotation 0-30 degrees -Unrestricted elbow, wrist, and hand range of motion and strengthening -Cervical stretching and range of motion -Modalities PRN
Phase 2: Weeks 3-6  Goals: Progress range of motion, minimize pain, retard muscle atrophy, protect the repair, and begin neuromuscular control	-Sling for comfort during the day and at night -NO lifting more than 3lbs for 4 weeks	-Progress to full range of motion in all planes -Posterior capsule mobilizations -Avoid anterior shoulder stretches and closed chain exercises -Initiate open chain scapular stabilization exercises -Begin UBE biking (peddling with contralateral side)
Phase 3: Weeks 7-12  Goals: Full range of motion, minimal pain, begin muscular activation and strengthening, protect the repair	-Discontinue sling -Begin strengthening but avoid heavy lifting	-Continue full passive, active, and active assisted range of motion without resistance -Progressive scapular strengthening exercises -Initiate shoulder proprioceptive exercises at 8 weeks -Begin gentle strengthening of the rotator cuff, deltoid, biceps, triceps, and pecs at week 8 -Begin UBE biking with resistance
Phase 4: Weeks 13-18  Goals: Progression of functional activities, advanced sport and recreational activity per surgeon	-Progressive strengthening -No heavy weightlifting until 16 weeks  <b>Criteria for Discharge:</b> -Surgeon clearance -<10% strength deficit -Limb similarity index of 90% or greater -45/50 on biomechanical functional tests (if performed) -NO pain or complaints of instability	-Restore shoulder range of motion -Progress scapular strengthening exercises -Progress shoulder proprioceptive exercises -Begin plyometric exercises at week 14