

# PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

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## **Rehabilitation Protocol Clavicle ORIF**

### **PHASE I: Protect Fixation Advance ROM (0-2 weeks)**

- Sling: for comfort
- Motion: Immediate Pendulum ROM exercises, No overhead motion
- Strengthening: No resistive exercises/activities

### **PHASE II: Advance ROM (2-6 weeks)**

- Sling: for comfort
- Motion: Immediate Pendulum ROM exercises, Begin gentle PROM above shoulder level, Begin AROM, AAROM in all planes to pain tolerance
- Strengthening: Begin gentle TheraBand resistive exercises

### **Phase III: Restore function (6-12 weeks)**

- Sling: Discontinue sling
- Motion: full motion by week 12
- Strengthening: Progress to higher weights and sports specific training at week

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- Return to sports 3-6 months from surgery

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