

CLAVICLE ORIF PROTOCOL

SLING for 4 weeks at all times, then as needed

Week 1-3 Gentle Passive Range of Motion
 External Rotation to Neutral
 Internal Rotation to Beltline
 Forward Flexion to 90
Elbow / Wrist / Hand Range of Motion
Begin Active Assisted Range of Motion when tolerated

Week 4-6 Range of Motion to Full

Week 6-8 Resistance Exercises
 External and Internal Rotation
 Standing Forward Punch
 Seated Rows
 Shoulder Shrugs
 Biceps Curls
 Bear Hugs

Weight Training Activity (week 8 and beyond)

Avoid Anterior Capsular stress
Keep hands within eyesight, keep elbows bent
Minimize overhead activity
(avoid military press, lat pull-down behind head, wide grip bench-
press)

Return to Activity Guidelines

Computer	1 week
Recreational sports	3-4 months
Contact Sports	4-5 months