



**Orthopaedic Associates of Zanesville**  
**Sports Medicine Division Physical Therapy Protocols**  
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## **Rehabilitation Guidelines for Clavicle Open Reduction Internal Fixation**

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

### **0-6 Weeks:**

- 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

### **6-12 Weeks:**

- 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
- Begin eccentric motions, plyometrics, and closed chain exercises at 10-12 weeks.

### **>12 Weeks:**

- Begin resisted IR/BE (isometrics/bands): isometrics/light bands/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