



Armando F. Vidal, MD
Complex Knee, Shoulder and
Sports Medicine

Clavicle ORIF Protocol

Phase 1 (0-6 Weeks)

0-2 Weeks Post Op

- Sling for first six weeks
- Modalities as needed
- Elbow/wrist ROM and strengthening
- Passive range of motion at the shoulder as tolerated

2-6 Weeks Post Op

- Continue with sling until six weeks
- Continue passive ROM progression
- Posterior capsule mobilizations; avoid stretch of anterior, capsule and extension; closed chain scapula exercises

Phase 2 (6-12 Weeks)

6 Weeks Post Op

- Continue as above
- Begin active/active assistive ROM, PROM to tolerance
- Begin active assisted exercises, deltoid/rotator cuff isometrics at 8 weeks
- Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff

Phase 3 (12-16 Weeks)

12 Weeks Post Op

- Continue to increase strengthening as tolerated
- Begin muscle endurance activities (upper body ergometer)
- Aggressive scapular stabilization and eccentric strengthening
- Begin plyometric and throwing/racquet program, continue with endurance activities

Phase 4 (4-5 Months)

- Maintain full and pain free ROM
- Progress Phase 3 activities, return to full activity as tolerated
- Return to sport/activity when cleared by physician