



JOSHUA ALPERT, MD

Dr. Joshua Alpert
Post-Operative Rehabilitation Protocol:
Clavicle Fracture Surgery/Clavicle ORIF

	Range of Motion	Sling	Exercises
PHASE I 0-4 weeks No physical therapy.	No above waist-level activities	Worn at all times except for hygiene.	Pendulum exercise, elbow/wrist ROM, grip strengthening at home
PHASE II 4-8 weeks Physical Therapy starts.	Begin active/active assistive ROM, PROM to tolerance Goals: full extension rotation, 135° flexion, 120° abduction	None	Focus on gentle ROM. begin active-assisted exercises Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff
PHASE III 8-12 weeks (ct'd next page)	Gradual return to full AROM	None	Start strengthening. Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization deltoid/rotator cuff isometrics Begin muscle endurance activities (upper body ergometer)

			<p>Aggressive scapular stabilization and eccentric strengthening</p> <p>Begin plyometric and throwing/racquet program, continue with endurance activities</p> <p>cycling/running okay at 12 weeks or sooner if given specific clearance</p>
<p>PHASE IV 12 weeks+</p>	<p>Full and pain-free</p>	<p>None</p>	<p>Maintain ROM and flexibility</p> <p>Return to full activity as tolerated</p>

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