SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

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CLAVICLE ORIF

	ROM	IMMOBILIZER	EXERCISES
PHASE 1 0-6 WEEKS	**0-3 weeks:** None **3-6 weeks:** begin PROM Limit flexion to 90°, external rotation to 45°, extension to 20°	**0-2 weeks:** Immobilized at all times day and night Off for hygiene and gentle exercise only **2-6 weeks:** Worn daytime only	**0-3 weeks:** elbow/wrist ROM, grip strengthening at home only **2-6 weeks:** begin PROM activities – Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula
PHASE 2 6-12 WEEKS	Begin active/active assistive ROM, PROM to tolerance Goals: Full extension rotation, 135° flexion, 120° abduction	None	Continue Phase I work; 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	Gradual return to full AROM	None	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization

			Begin muscle endurance activities (upper body ergometer) Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities C ycling/running okay at 12 weeks or sooner if given specific clearance
PHASE 4 4-5 months**	Full and pain-free	None	Maintain ROM and flexibility Progress Phase III activities, return to full activity as tolerated

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II

**Limited return to sports activities