



SIU MEDICINE

ORTHOPEDICS

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POST-OPERATIVE CLAVICLE ORIF REHAB GUIDELINES

Diagnosis/Surgery: _____

PHASE 1: WEEKS 1

Goals:

1. Protect repair
2. Decrease pain/swelling
3. Prevent stiffness

Activity:

1. May remove sling to do pendulum exercises
2. No active shoulder motion
3. Elbow/wrist ROM ok but not resisted exercises

PHASE 2: WEEKS 2-3

Goals:

1. Protect repair
2. Decrease pain
3. Initiate shoulder ROM

Activity:

1. Continue sling – may be removed for exercises
2. May begin active-assisted motion
3. Continue pendulums
4. Rope/pulley ok for flexion/scaption
5. No lifting anything heavier than a pencil

PHASE 3: WEEKS 4-5

Goals:

1. Continue motion
2. Protect repair

Activity:

1. May begin to wean from sling
2. With x-ray reassurance, may begin full active and passive motion
3. No lifting anything heavier than a pencil

PHASE 4: WEEKS 6-8

Goals:

1. Continue motion
2. Begin strengthening

Activity:

1. With x-ray signs of union, may begin to incorporate resistance and strengthening
2. No lifting anything heavier than a carton of milk

PHASE 5: WEEKS 8-12

Goals:

1. Strengthening progression
2. Gradual return to sports participation

Activity:

1. With x-rays showing union and 2 weeks of resistance exercises, may start aggressive shoulder rehab to return to sports
2. Return to play after painless shoulder function and strength returns and completions of return to play rehab

STRENGTH:

Progress strengthening program with increase in resistance and high speed repetition

Progress with eccentric strengthening of posterior cuff and scapular musculature

Initiate single arm plyo-toss

Progress rhythmic stabilization activities to include standing PNF patterns with tubing

Upper body exercises for strength and endurance

Initiate military press, bench press, and lat pull-downs

Initiate sport specific drills and functional activities

Initiate interval throwing program

Initiate light plyometric program

Elisabeth Robinson, MD

Date

