

POST-OPERATIVE REHABILITATION PROTOCOL

Clavicle Open Reduction & Internal Fixation

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

Phase 1 | 0-4 Weeks

GOALS FOR THIS PHASE

- Sling for 4 weeks.
- PROM → AAROM as tolerated, excluding restricted motions.
- No active IR/extension for 4 weeks.
- Achieve stepwise ROM goals (Week 1: FF 120°, ER 20°; Week 2: FF 140°, ER 40°).
- Initiate grip strengthening.

Immobilization

- Sling for 4 weeks.

Range of Motion

- PROM → AAROM as tolerated, except for the following:
- No active IR/extension for 4 weeks.
- PROM in biceps flexion for first 4 weeks.

ROM Goals

- Week 1: 120° forward flexion, 20° ER at side, abduction max 75° without rotation.
- Week 2: 140° forward flexion, 40° ER at side, abduction max 75° without rotation.

Precautions

- No resisted IR / backward extension until 8-10 weeks post-op.

Therapeutic Exercises

- Grip strengthening OK.

Phase 2 | 4-12 Weeks

GOALS FOR THIS PHASE

- Discontinue sling.
- Progress to AAROM → AROM by week 6 for internal rotation and backward extension.
- Increase ROM to full with gentle end-range passive stretching.
- Begin light resisted ER/FF/ABD (isometrics, bands, concentric).
- Continue to defer resisted IR/backward extension until 8-10 weeks.

Immobilization

- Discontinue sling.

Range of Motion

- Begin AAROM → AROM (by week 6) for internal rotation and backward extension as tolerated.
- Increase ROM as tolerated with gentle passive stretching at end ranges.

Strengthening

- Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions.

Precautions

- No resisted IR / backward extension until 8-10 weeks post-op.

Phase 3 | 3-6 Months

GOALS FOR THIS PHASE

- Begin resisted IR/backward extension (isometrics → bands → weights).
- Advance strengthening of rotator cuff, deltoid, and scapular stabilizers.
- Restore full ROM with passive stretching at end ranges.
- Begin eccentric motion, plyometrics, and closed-chain exercises at 12 weeks.

Strengthening

- Begin resisted IR/BE: isometrics → light bands → weights.
- Advance strengthening as tolerated — 10 reps / 1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Begin eccentric motion, plyometrics, and closed-chain exercises at 12 weeks.

Range of Motion

- Increase ROM to full with passive stretching at end ranges.

This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.