

**Dr. Craig Chike Akoh, MD**  
**CLAVICLE FRACTURE OPEN REDUCTION INTERNAL FIXATION**  
**REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>SLING</b>	<b>ROM</b>	<b>EXERCISES</b>
<i>PHASE I</i> 0-4 weeks	NWB	Sling for 4 weeks	Passive ROM - Wk 1: 120° FF/20° ER, ABD 75° - Wk 2: 140° FF/40 ° ER/ABD 75°	- PROM and AAROM (1-4 wks) - Pendulums - Grip Strength - No resisted IR or shoulder extension
<i>PHASE II</i> 6-12 weeks	WBAT	Remove Sling	Begin wrist flexion/extension	- Progress from AAROM to AROM for IR and backward extension - Light resisted ER/FF/ABD: isometric bands, concentric motions - No resisted internal rotation and backwards extension until 8-10 wks
<i>PHASE III</i> 3-6 weeks	WBAT	None	Full	-Begin resisted IR/BE (isometrics/bands), then progress to weights -Strengthening exercises for rotator cuff, deltoid, and scapular stabilizers - Begin eccentric motions, plyometrics, and closed chain exercises at 10-12 weeks