

Clavicle Open Reduction Internal Fixation (ORIF) Rehabilitation

The following is a basic framework from which to work during rehabilitation following a clavicle open reduction internal fixation (ORIF) surgery. Every patient is different, so the time points are just guidelines – the emphasis should be on achieving the milestones of each phase prior to advancing to the next phase. Please feel free to communicate with our office with any questions or concerns.

	Range of Motion	Immobilizer	Exercises
Phase I 0 – 6 weeks	<p>0 – 3 weeks: None</p> <p>3 – 6 weeks: Begin PROM</p> <p>Limit to 90° of flexion, 45° ER, 20° extension, 45° abduction</p>	<p>0 – 4 weeks: Worn at all times (day and night)</p> <p>Off for gentle exercise and hygiene only</p> <p>4 – 6 weeks: Worn daytime only</p>	<p>0 – 2 weeks: Elbow/wrist ROM, grip strengthening at home only</p> <p>2 – 6 weeks: Begin PROM activities</p> <p>Codman’s, posterior capsule mobilizations, avoid stretching of anterior capsule and extension, closed chain scapula</p>
Phase II 6 – 12 weeks	<p>Begin active/active-assisted ROM, passive ROM to tolerance</p> <p>Goals: full ER, 135° flexion, 120° abduction</p>	None	<p>Continue Phase I work, begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks</p> <p>Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*</p>
Phase III 12 – 16 weeks	Gradual return to full AROM	None	<p>Advance activities in Phase II, emphasize ER and latissimus eccentrics, glenohumeral stabilization</p> <p>Begin muscle endurance activities (i.e. upper body ergometer)</p> <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</p>



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	Range of Motion	Immobilizer	Exercises
Phase IV 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 shoulder from stress during resistive exercises, and keep all exercises below the horizontal plane in Phase II**

****Limited return to sports activities**