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Rehabilitation Protocol ORIF Clavicle

Phase I: Protect fixation *(1 to 2 weeks)*

- Sling: for comfort
- Motion: Immediate Pendulum ROM exercises, No overhead motion
- Strengthening: No resistive exercises/activities

PHASE II: Advance ROM *(2-6 weeks)*

- Sling: for comfort
- Motion: Immediate Pendulum ROM exercises, Begin gentle PROM above shoulder level, Begin AROM, AAROM in all planes to pain tolerance
- Strengthening: Begin gentle theraband resistive exercises

Phase III: Restore function *(6-12 weeks)*

- Sling: Discontinue sling
- Motion: full motion by week 12
- Strengthening: Progress to higher weights and sports specific training at week 10
- Return to sports 3-6 months from surgery