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Open Reduction and Internal Fixation of the Clavicle Rehabilitation Protocol – Cautious Protocol

	Range of Motion	Sling	Exercises
Phase 1 0-6 weeks	Week 1 -2: Passive shoulder ROM up to 90 degrees. Week 3 – 6: Progress passive ROM as tolerated limit with pain. Active elbow hand and wrist ROM NO ACTIVE SHOULDER MOTION	**0-6 weeks:** Sling for comfort OK to remove for hygiene and exercises.	**0-2 weeks:** wrist/hand ROM, pendulums, Passive shoulder ROM up to 90 degrees. **3-6 weeks**: Grip strengthening, pulleys/canes, closed chain scapula Progress passive shoulder ROM (limited with pain). No resistance exercises. Begin scapular protraction/retraction.
Phase 2 6-10 weeks	Begin Active ROM and slowly increase as tolerated to full	None	Discontinue Sling Advance ROM as tolerated (Goals FF to 160°, ER to 60°) Begin Isometric exercises Progress deltoid isometrics ER/IR (submaximal) at neutral Advance to TheraBand as tolerated
Phase 3 11-12 weeks	Progress to full without discomfort	None	Advance to full, painless ROM Shoulder strengthening as tolerated Begin eccentrically resisted motion and closed chain activities Advance to sport and full activity as tolerated after 12 weeks

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