

**Kade McQuivey, MD**  
Department of Orthopedics  
Sports Medicine and Shoulder Surgery  
Office Phone: 623.876.3870  
Fax: 623.337.9279  
[www.KadeMcQuiveyMD.com](http://www.KadeMcQuiveyMD.com)



Banner New River Trails  
Sun City West Medical Center  
Thunderbird Medical Center

## 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