



ORIF Clavicle Fracture

Sling 4-6 weeks

Weeks 1-2:

- Motion: immediate pendulum ROM exercises, no overhead motion
- Strengthening: no resistive exercises/activities

Weeks 2-6:

- Motion: pendulum ROM exercises, begin gentle PROM above shoulder level, begin AROM, AAROM in all planes to pain tolerance
- Strengthening: begin gentle theraband resistive exercises

Weeks 6-12:

- 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