



JAGLOWSKI  
ORTHOPEDIC  
INSTITUTE

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## Clavicle Open Reduction Internal Fixation Rehabilitation Protocol

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**\*\* The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at [www.jagsortho.com](http://www.jagsortho.com).\*\***

### Abbreviations

- ROM - range of motion
- PROM - passive ROM
- AAROM - active assist ROM
- AROM - active ROM
- ABD - abduction
- ADD - adduction
- ER - external rotation (PER – passive external rotation)
- IR - internal rotation
- FE- forward elevation (AFE – active forward elevation)

### Phase I: 0-3 Weeks Post-op

#### Range of Motion

- Restore PROM (as tolerated)
- No AROM against gravity yet

#### Sling

- Immobilized in sling at all times, may be removed for exercises and showering.
- Wear sling at night.

### **Therapeutic Exercise**

- Codman's Pendulums
- Scapular sets, shoulder shrugs, retraction/protraction
- Towel slides
- ER with broom handle
- Supine Active Assisted flexion
- Elbow, wrist, hand ROM
- Ball squeezes

## **Phase II: 3-6 Weeks Post-op**

### **Range of Motion**

- Progress PROM
- Pool Therapy if available for AAROM (pool is the assistance)
- Begin AROM against gravity
- Goal to avoid post-operative stiffness

### **Sling**

- Transition away from sling between Week 3-4

### **Therapeutic Exercise**

- Continue Phase I ROM exercises
- Supine AAROM
- Pulley exercises
- Light scapular strengthening (retraction/protraction), shoulder shrugs, scapular setting
- Gentle joint mobilization and soft tissue mobilization

## **Phase III: 6-12 Weeks Post-op**

### **Range of Motion**

- Progress to full AROM and PROM without discomfort

### **Sling**

- None

### **Therapeutic Exercise**

- Stretching, mobs, ROM exercises
- Begin Rotator Cuff Theraband strengthening exercises
- Begin strengthening for lats, biceps/triceps, pecs, rhomboids, deltoids
- Progress supine to seated to standing AAROM
- Progress pool based AAROM if available
- Progress to full AROM against gravity

## **Phase IV: 3-4 Months Post-op**

### **Range of Motion**

- Full ROM without discomfort

### **Sling**

- None

### **Therapeutic Exercise**

- Progress with strengthening exercises
- Begin to add sport and job specific activities

## **Phase V: 4-6 Months Post-op**

### **Range Of Motion**

- Full ROM without discomfort

### **Sling**

- None

### **Therapeutic Exercise**

- If cleared by Dr. Jaglowski, may now be able to return to:
- Weight Training
- Skiing
- Golf
- Basketball
- Manual Labor

## **Phase VI: 6+ Months Post-op**

### **Range Of Motion**

- Full ROM without discomfort

### **Sling**

- None

### **Therapeutic Exercise**

- If cleared by Dr. Jaglowski, may now be able to return to:
- Throwing Sports
- Tennis
- Volleyball