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Mid-Shaft Clavicle Open Reduction and Internal Fixation Physical Therapy Protocol

Weeks 1-4: Progressive Forward Elevation

- Forward Elevation: PROM→AAROM→As tolerated
 - **No active IR/extension for 4 weeks**
- PROM in biceps flexion for first 4 weeks
- ROM goals: Week 1: 90° FF/20° ER at side; ABD max 75° without rotation
- ROM goals: Week 2: 120° FF/30° ER at side; ABD max 75° without rotation
- No resisted internal rotation/backward extension until 8-10 weeks post-op
- Grip strengthening OK
- **Sling for 4 weeks**

Weeks 6-12: ROM As Tolerated in All Planes

- Begin AAROM→AROM for internal rotation and backwards extension as tolerated
- Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
- Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions
- No resisted internal rotation/backwards extension until 8-10 weeks post-op

Months 3-6: Strengthening

- Begin resisted IR/BE (isometrics/bands): isometrics 2 light bands 2 weights
- Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 10-12 weeks.