Baylor Scott & White
ORTHOPEDIC ASSOCIATES OF DALLAS
A member of HealthTexas Provider Network

Manoj P. Reddy, MD
Sports Medicine & Shoulder Surgery
Orthopedic Associates of Dallas
469.800.7200 office | 469.800.7210 fax
DallasOrtho.com | ReddyOrtho.com

Clavicle Fracture ORIF

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
Phase I **0–4 weeks** GOAL TO ADVANCE *Passive flexion 90°, ER 30°; pain <4/10*	Passive and active-assisted shoulder motion: flexion and abduction limited to 90°; ER with cane to tolerance. No active shoulder motion	Sling at least 3 weeks, including sleep; remove for exercise and hygiene	Elbow/wrist/hand and neck ROM, grip. Week 2: light elbow, wrist and hand strengthening. No lifting; no weight bearing through the arm
Phase II **5–8 weeks** GOAL TO ADVANCE *Full passive motion; active-assisted flexion ≥120°*	Full passive motion in all planes. Active-assisted flexion (cane, pulleys, wall slides); active flexion and ER	Wean during day; discontinue at 6 weeks	Scapular retraction, rows, serratus punches, biceps and triceps. Lift nothing heavier than a coffee cup
Phase III **9–12 weeks** GOAL TO ADVANCE *Active motion ≥90% of other side*	Progress active motion. Stretching: doorway/pec, lat, posterior capsule, sleeper	None	Rotator cuff isometrics, then band ER/IR. Lift ≤5 lb. Swimming and running when cleared**
Phase IV **12–16 weeks** GOAL TO ADVANCE *Full motion; ≥4/5 strength*	Full	None	Weights and bands: wall push-ups, scaption raises, rhythmic stabilization; return to daily activities and light work
Phase V **4–6 months** GOAL TO ADVANCE *≥90% strength vs other side*	Full without discomfort	None	Push-up progression, ER/IR at 90°, diagonal patterns, interval sport program; return to sport and contact**

NOTES

**If approved by physician, based on fracture healing on x-ray

This protocol is a guideline. Your surgeon may adjust it based on your surgery and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

Questions: 469.800.7200
Rev. 10/2026