



## **Duke Orthopaedics: Upper Extremity Division**

*Christopher Klifto, MD*

3609 SW Durham Dr, Durham, NC 27707

---

### **Clavicle ORIF**

#### **Phase 1 (0-2 weeks): Protect Fixation**

- Sling for comfort
- Immediate pendulum ROM exercises
- No overhead motion
- No resisted exercises or activities

#### **Phase 2 (2-6 weeks): Advance ROM**

- Continue pendulum ROM exercises
- Gentle PROM above shoulder level
- AROM, AAROM in all planes to pain tolerance
- Begin gentle theraband resistance exercises

#### **Phase 3 (6-12 weeks): Restore Function**

- Discontinue sling
- Full motion by week 12
- Strengthening: progress to higher weight and sport specific training at Week 10
- Return to sport activities 3-6 months from surgery