

## Bonnie P. Gregory, MD Clavicle ORIF Rehabilitation Protocol

	Range of Motion	Sling	Exercise/Strength
<i>Weeks 1-3</i>	<b>Gentle ROM not exceeding 90° in any plane</b> Maintain ROM of elbow, wrist, hand	Sling for 3 weeks	Pendulums, Rope/pulley OK for flexion/scaption
<i>Weeks 4-8</i>	Begin <b>FULL ROM</b> <b>PROM→AAROM→AROM</b>	Sling as needed for comfort only	May begin isometric strengthening <b>Week 6</b> - Light resistance strengthening progression may begin
<i>Weeks 9-12</i>	Full ROM	No Sling	Progress strengthening program with increase in resistance and high speed repetition Progress with eccentric strengthening of posterior cuff and scapular musculature Initiate single arm plyo-toss Progress rhythmic stabilization activities to include standing PNF patterns with tubing UBE for strength and endurance Initiate military press, bench press, and lat pull-downs Initiate sport specific drills and functional activities Initiate interval throwing program Initiate light plyometric program

- ❖ Once 2 weeks of resistance exercises have been performed, then may work on aggressive shoulder rehab to return to sports.
- ❖ Once painless shoulder function has been achieved and strength has returned, and an athlete has completed the return to play rehab, then an athlete may return to play.



For any questions or concerns regarding the protocol or rehabilitation process please contact

Dr. Gregory's Office:

Phone: 713-486-7080

Fax: 713-452-4143

<https://www.bonniegregorymd.com/>

