

**Mr Mark S. Falworth MBBS FRCS(Eng) FRCS (Orth)**  
**Consultant Orthopaedic Surgeon**  
**Shoulder and Elbow Surgery**

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Spire Bushey Hospital  
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**Appointments & Queries:**  
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*All correspondence to Spire Bushey Hospital*

**Physiotherapy protocol: ORIF Clavicle Fracture**

Weeks 0-6:

- Patient to remain in sling for weeks
- Elbow ROM, wrist ROM, grip strengthening
- True shoulder Passive ROM only as the delto-trapezial repair needs to heal back to the bone
- Shoulder ROM goals: 110° FE, 10° ER at side; ABD max 60-80° without rotation
- No resisted shoulder motion until 6 weeks post-op
- Scapular setting exercises
- Heat before Physio, ice after Physio

Weeks 6-12:

- Proceed to passive ROM exercises to re-establish a FROM
- Once range regained proceed to Active Assisted ROM → Active ROM as tolerated
- Goals: re-establish full range of movement with 160° FE, 30° ER increasing as tolerated
- Light passive stretching at end ranges

Months 3-6:

- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3
- Be careful not to overdue strengthening as this could jeopardise stability
- No significant lifting or collision sports until 6 months or following Xray review

Comments: