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Open Reduction Internal Fixation Clavicle Protocol

Phase I (0-6 weeks):

- Immediate elbow, wrist, and hand range of motion
- Immediate pendulum exercises
- At two weeks may begin active assist elevation and external rotation

Phase II (6-12 weeks):

- Begin gentle range of motion in all planes at 6 weeks
- Strengthening begins at 10 weeks. Begin with isometric exercises to rotator cuff, scapular stabilizers and deltoid and gradually progress to bands and weights