

**Rehabilitation Protocol  
Clavicle Fracture –  
Operative Fixation with Plates and Screws**

**Follow-up:**

**2 weeks** – allow active assist and passive range of motion

Okay to start showers and let water run over the incisions, no aggressive scrubbing. **NO**

**LIFTING with the arm.**

**4-6 weeks** – active range of motion – no resisted exercises, scapular stabilization exercises

**10-12 weeks** – Allow weight bearing, strengthening and resistance exercises with light weight bearing and work/sport specific exercises

**4-6 months** – return to full activities including sports

**1-year follow-up**