

Clavicle Fracture Rehab Protocol - Nonoperative

Office visits:

- 2w, 6w, 12w, more as needed

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment.

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Weeks 0-2:

Sling	• Sling for pain control – may discontinue sling when ready
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) • No strengthening
Range of Motion	• No shoulder motion except as needed during exercises
Exercises	• Shoulder Phase I Home Exercise Program
Misc	• Ice 3-4x/day with ice packs on towel over clavicle

Weeks 2-6:

Sling	• May discontinue when ready
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) ○ May begin using arm for daily activities in front of body (i.e. computer/desk work) • No strengthening
Range of Motion	• Start progressive passive, active-assist, and active shoulder motion ○ Flexion: < 90 deg (hand to about shoulder height) ○ Abduction (away from body): < 90 deg (hand to about shoulder height) ○ External rotation: unrestricted ○ Internal rotation: unrestricted
Exercises	• Shoulder General Phase II Home Exercise Program – Scapular stabilization
Misc	• Ice 3-4x/day with ice packs on towel over shoulder

Weeks 6-12:

Sling	• None
Weight Restrictions	• < 10 lb • May start strengthening <10 lb if full, painless motion achieved and fracture site is non-tender to palpation
Range of Motion	• Continue to progress AROM without limits
Exercises	• Shoulder General Phase III Home Exercise Program – Scapular stabilization + isometric exercises

Months 3+:

Sling	• None
Weight Restrictions	• Progressive strengthening without limits
Range of Motion	• Full motion
Exercises	• Shoulder General Phase IV Home Exercise Program – Scapular and shoulder strengthening • May start sports specific exercises

Return to sport:

- Return to sport criteria:
 - Full, painless range of motion without apprehension
 - Similar shoulder strength to contralateral
 - Painless sport specific exercises
- ~3m for non-contact athletes
- ~4-5m for contact/overhead athletes