



## Clavicle Fracture Post-Operative Protocol

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### Phase I – Maximum Protection

#### Weeks 0 to 2:

- Use sling and immobilize arm at all times day and night, off for hygiene and gentle exercise only

#### Goals

- Reduce inflammation
- Maintain elbow and wrist ROM

#### Exercise progression

- Elbow/wrist ROM
- Grip strengthening at home only

#### Weeks 3 to 6:

- Sling only worn during daytime

#### Goals

- Limit flexion to 90°, external rotation to 25°, and extension to 20°

#### Exercise progression

- Begin PROM activities
- Codman's, posterior capsule mobilizations
- Avoid stretch of anterior capsule and extension
- Closed chain scapula

### Phase II – Progressive Stretching and Early Strengthening

#### Weeks 6 to 12:

#### Goals

- Begin active/active assistive ROM
- PROM to tolerance
- Full extension and rotation, 135° flexion, 120° abduction
- Discontinue sling use

#### Exercise progression

- Continue Phase I work
- Deltoid/rotator cuff isometrics at 8 weeks
- Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff
  - \*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II

# Phase III – Advanced Strengthening and Proprioception

## Weeks 12 to 16:

### Goals

- Gradual return to full AROM

### Exercise progression

- Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization
- Begin muscle endurance activities
- Aggressive scapular stabilization and eccentric strengthening
- Begin plyometric and throwing/racquet program, continue with endurance activities
- Cycling/running okay at 12 weeks or sooner if given specific clearance

## Weeks 12 to 16:

### Goals

- Progress Phase III activities, return to full activity as tolerated

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_