

## CLAVICLE FRACTURE REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
<b>PHASE I:</b> 1-3 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• Restore PROM (as tolerated)</li> <li>• No AROM against gravity yet</li> </ul>	<ul style="list-style-type: none"> <li>• Immobilized in sling at all times, may be removed for exercises and showering. Wear sling at night.</li> </ul>	<ul style="list-style-type: none"> <li>• Codman's Pendulums</li> <li>• Scapular sets, shoulder shrugs, retraction/protraction</li> <li>• Towel slides</li> <li>• ER with broom handle</li> <li>• Supine Active Assisted flexion</li> <li>• Elbow, wrist, hand ROM, grip strength</li> <li>• Ball squeezes</li> </ul>
<b>PHASE II:</b> 3-6 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• Progress PROM</li> <li>• Pool Therapy if available for AAROM (pool is the assistance)</li> <li>• Begin AROM against gravity</li> <li>• Goal to avoid post-operative stiffness</li> </ul>	<ul style="list-style-type: none"> <li>• Transition away from sling between Week 3-4</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase I ROM exercises</li> <li>• Supine AAROM</li> <li>• Pulley exercises</li> <li>• Light scapular strengthening (retraction/protraction) , shoulder shrugs, scapular setting</li> <li>• Gentle joint mobilization and soft tissue mobilization</li> </ul>
<b>PHASE III:</b> 6-12 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• Progress to full AROM and PROM without discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Stretching, mobs, ROM exercises</li> <li>• Begin Rotator Cuff theraband strengthening exercises</li> <li>• Begin strengthening for lats, biceps/triceps, pecs, rhomboids, deltoids</li> <li>• Progress supine to seated to standing AAROM</li> <li>• Progress pool based AAROM if available</li> <li>• Progress to full AROM against gravity</li> </ul>
<b>PHASE IV:</b> 3-4 MONTHS POST-OP	<ul style="list-style-type: none"> <li>• Full ROM without discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Progress with eccentric strengthening exercises</li> <li>• Begin to add sport and job specific activities</li> </ul>
<b>PHASE V:</b> 4-6 MONTHS POST-OP	<ul style="list-style-type: none"> <li>• Full ROM without discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• If cleared by Dr. Roth, may now be able to return to:             <ul style="list-style-type: none"> <li>• Weight Training</li> <li>• Skiing</li> <li>• Golf</li> <li>• Basketball</li> <li>• Manual Labor</li> </ul> </li> </ul>
<b>PHASE VI:</b> 6+ MONTHS POST-OP	<ul style="list-style-type: none"> <li>• Full ROM without discomfort</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• If cleared by Dr. Roth, may now be able to return to:             <ul style="list-style-type: none"> <li>• Throwing Sports</li> <li>• Tennis</li> <li>• Volleyball</li> </ul> </li> </ul>