

Clavicle Fracture

Post-Operative Physical Therapy Protocol

General Considerations:

- DO NOT elevate surgical arm above 70 degrees in any plane for the first 4 weeks post-op
- DO NOT lift any objects over 5 pounds with the surgical arm for the first 6 weeks
- AVOID REPEATED reaching for the first 6 weeks
- Ice shoulder 3-5 times (15 minutes each time) per day to control swelling and inflammation
- An arm sling is used for 3- 4 weeks post-op
- Maintain good upright shoulder girdle posture at all times and especially during sling use
- Intermittent X-ray to monitor healing as needed
- M.D. follow-up visits at Day 1, Day 8-10, Month 1, Month 3 and Year 1 post-op

Week 1:

- M.D. visit day 1 post-op to change dressing and review home program
- Exercises (3x per day):
 - o pendulum exercises
 - o squeeze ball
 - o triceps with Theraband
 - o isometric rotator cuff external and internal rotations with arm at side
 - o isometric shoulder abduction, adduction, extension and flexion with arm at side
- Soft-tissue treatments for associated shoulder and neck musculature for comfort
- Cardiovascular training such as stationary bike throughout rehabilitation period

Weeks 2 - 4:

- Soft-tissue treatments for associated shoulder and neck musculature for comfort
- Gentle pulley for shoulder ROM 2x/day

- Elbow pivots PNF, wrist PNF
- Isometric scapular PNF, mid-range

Weeks 4 - 8:

- M.D. visit at Week 4 post-op and will usually be progressed to a more aggressive ROM and strength program
- At Week 4: start mid-range of motion (ROM) rotator cuff external and internal rotations active and light resistance exercises (through 75% of ROM as patient's symptoms permit) without shoulder elevation and avoiding extreme end ROM
- Strive for progressive gains to active 90 degrees of shoulder flexion and abduction

Weeks 8 - 12:

- Seek full shoulder Active ROM in all planes
- Increase manual mobilizations of soft tissue as well as glenohumeral and scapulothoracic joints for ROM
- No repeated heavy resisted exercises or lifting until 3 months

Weeks 12 and beyond:

- Start a more aggressive strengthening program as tolerated
- Increase the intensity of strength and functional training for gradual return to activities and sports
- Return to specific sports is determined by the physical therapist through functional testing specific to the injury

