



Clavicle Fracture Protocol

- **0-2 Weeks (0-4 Weeks if no surgery):** Maintain sling. Expect swelling to increase in your hand and elbow, and it is important to begin exercises to decrease swelling and to help prevent stiffness. Exercises are provided below:
 - **Shoulder-** Pendulum Exercises
 - 3 times per day
 - i. 25 clockwise/25 counter-clockwise
 - ii. Circles should be the size of a basketball
 - iii. Keep your arm at 90 degrees to the body for maximum stretch
 - iv. Keep your elbow **STRAIGHT** to stretch
 - **Hand**
 - Gently open and fully close your hand
 - This will help decrease swelling by firing the muscles in your forearm and will keep your fingers flexible
 - i. Five times per day x20 repetitions
- **2-4 Weeks:** Remain in sling. You may remove the sling to perform shoulder exercises 3-5 times per day. Begin with active-assisted and passive shoulder flexion to 90 degrees. This means using your non-operative arm to assist in bringing your arm straight in front of your body until it is roughly parallel to the floor. Unrestricted external rotation stretching for the shoulder may be performed.
- **4-6 Weeks:** Continue sling for sleeping and when in public. Sling may be temporarily discontinued while in the house. Maintain 0-5 lb. lifting restriction. Increase shoulder range of motion exercises to Active Assisted forward elevation to 120 degrees.
- **6-8 Weeks:** If in-office x-rays demonstrate appropriate healing, the sling is formally discontinued, and unrestricted shoulder range of motion may begin. Maintain a 5-10 lb. lifting restriction.
- **8-12 Weeks:** Progressive return to activities as tolerated.

