

## 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</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 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>