



Austin Cole, MD

Clavicle Fracture
Nonoperative Protocol

Injury to 2 weeks

- Sling at all times, including sleeping
- No lifting with injured arm
- No shoulder ROM
- Gentle motion of wrist/fingers and ball squeeze exercises

Weeks 3-4:

- Sling at all times, including sleeping
- No lifting with the injured arm
- Begin range of motion of elbow out of sling 2-3 times a day (full extension and full flexion)
- Pendulum exercises for the shoulder 2-3 times per day (see below)

Weeks 5-6:

- Sling for comfort, ok to remove at home when sedentary
- No lifting >1-2 pounds
- Continue working on elbow range of motion out of sling
- Progression gentle range of motion of shoulder <90 degrees depending on comfort

Weeks 7-8:

- Sling when in public, may discontinue otherwise
- No lifting >5 pounds
- Continue working on elbow range of motion out of sling
- Progression gentle range of motion of shoulder against gravity including overhead depending on comfort and pain (see below)

Weeks 9-12:

- Discontinue sling completely
- No lifting >10 pounds initially, ok to increase by 5 pounds per week (no *overhead* lifting >20 pounds until 12 weeks)
- Progress range of motion of shoulder overhead with goal of full range of motion by 12 weeks (see below)
- Work on TheraBand resistive exercises (see below)

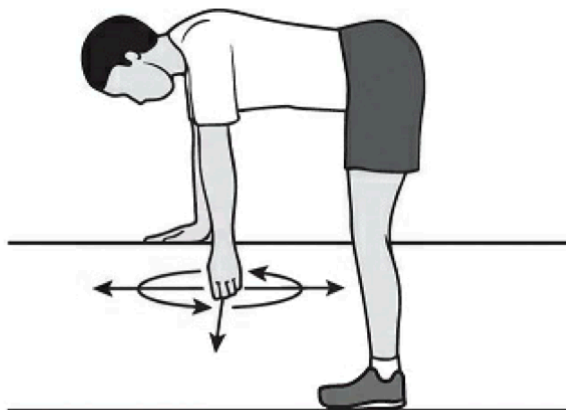
Return to sport and full activities:

- 3-6 months depending on sport or job, type of fracture, and progress
- Discuss with physician

Beginning Week 3

Pendulum, Circular

- Bend forward 90 degrees at the waist, placing your uninvolved hand on a table for support.
- Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Keep your arm relaxed during the exercise. The circular movement should occur through your shoulder joint.



Beginning Week 7

Walk Up Exercise (Active)

- With elbow straight, use fingers to "crawl" up a wall or door frame as far as possible. Hold for 10-20 seconds.



Beginning week 9

Follow the below links for examples of working on range of motion and strengthening:

- <https://orthoinfo.aaos.org/en/recovery/shoulder-surgery-exercise-guide/>
- <https://www.massgeneral.org/assets/mgh/pdf/orthopaedics/sports-medicine/physical-therapy/mass-general-theraband-strengthening-for-the-shoulder.pdf>