

TJ Ridley, MD

Phone: 763-717-4124 | Website: TJRidleyMD.com | Instagram: @dr._ridley

Clavicle Fracture Non-Operative Rehabilitation Protocol

PHASE 1: WEEK 0-4 (EARLY FRACTURE HEALING)

- Maintain sling use (except for TID elbow wrist finger ROM, hygiene)
 - Elbow should be supported
- Rhomboid and periscapular isometrics, posture exercises
- No lifting > weight of coffee cup
- No active shoulder ROM
- No pushing or weight-bearing through arm

PHASE 2: WEEK 4-8

- Wean out of sling for therapy and in the house
 - Continue sling in public for 12 weeks or until clinical fracture healing
- Continue elbow, wrist and finger motion, periscapular isometrics
- Shoulder 4 quadrant PROM progressing towards AAROM
 - Pulleys, table slides, supine wand exercises in all planes
- No lifting > weight of coffee cup

PHASE 3: WEEK 8-12 (FOLLOWING CLINICAL FRACTURE HEALING)

- Continue sling in public for 12 weeks or until clinical fracture healing
- Advance to AROM
 - Continue 4 quadrant stretches, periscapular isometrics, posture
- Phase I and II cuff strengthening
- Periscapular and complete extremity strengthening
- No Lifting > 10lbs

PHASE 4: WEEK 12-16

- Discontinue sling altogether
- Independent home exercise program
- Return to sport
- Work hardening