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Non-operative Clavicle Fracture

Protocol

PHASE I: Protect clavicle (injury to 2 weeks)

- Sling at all times
- No lifting with injured arm
- Motion: No shoulder ROM
- Elbow and forearm exercises, ball squeeze exercise
- Strengthening: No resistive exercises/activities

PHASE II: Advance ROM (2-6 weeks)

- Sling: for comfort
- Motion: Begin gentle PROM exercises followed by AAROM and AROM in all planes to pain tolerance. Avoid Forward Flexion and Abduction > 90 Degrees
- Strengthening: Begin gentle Theraband resistive exercises at 4 weeks

PHASE III: Restore function (6-12 weeks)

- Sling: Discontinue sling at all times
- Motion: goal of full motion by week 12
- Strengthening: Progress to higher weights