

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*)

- o Sling: for comfort
- o Motion: Begin gentle PROM exercises followed by AAROM and AROM in all planes to pain tolerance
- o Strengthening: Begin gentle Theraband resistive exercises at 4 weeks

PHASE III: Restore function (*6-12 weeks*)

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

Signature: _____ Date: _____