

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Clavicle Fracture – Non-Operative

Three times per day home exercise program including:

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
- Continue elbow, wrist and finger motion, periscapular isometrics
- Begin Formal PT AND Three time daily (TID) home exercise program (HEP)
 - 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)

- Discontinue sling altogether
- 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

- Independent home exercise program
- Return to sport
- Work hardening

More info: twincitiesshoulderandelbow.com/clavicle-shoulder-elbow-specialist-minneapolis-saint-paul.html