



## Clavicle Fracture Nonoperative Rehabilitation Protocol

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**EMORY**  
SPORTS MEDICINE  
CENTER

Patient Name: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_ PT Duration: \_\_\_\_\_ / Week \_\_\_\_\_ Weeks

### Non-Operative Clavicle Fracture Rehabilitation Protocol

	Range of Motion	Sling	Exercise/Strength
Weeks 0 -3	Maintain ROM of elbow, wrist, hand	Sling for 3 weeks	Elbow, Wrist, and Hand exercises
Weeks 4-6	Begin gentle PROM Slow progression to AAROM	Sling as needed for comfort only	Pendulums, scapular stabilizing exercises, sub-maximal isometrics
Weeks 6-12	Full ROM as tolerated	No Sling	Progress strengthening program with increase in resistance Progress rhythmic stabilization activities to include standing PNF patterns UBE for strength and endurance
Months 3-RTS	Full ROM as tolerated	No Sling	Progress return to sport/functional exercises and activities.

Protocol adapted from Dr. Bonnie Gregory Rehabilitation postoperative guidelines

I hereby certify these services as medically necessary for the patient's plan of care.

\_\_\_\_\_  
Physician's Signature

Date \_\_\_\_\_

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