



## Non-Operative Clavicle Fracture Rehabilitation Protocol

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

*Protocol adapted from Dr. Bonnie Gregory Rehabilitation postoperative guidelines*