

JOSEPH D. LAMPLOT, M.D. ORTHOPAEDIC SURGERY & SPORTS MEDICINE

(901) 759-3111 | CAMPBELLCLINIC.COM | ONLINE SCHEDULING AVAILABL

1400 S. GERMANTOWN RD. GERMANTOWN TN 38138 7887 WOLF RIVER BLVD., GERMANTOWN, TN 38138 JLAMPLOT@CAMPBELLCLINIC.COM



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