

Rehabilitation protocol adopted from the Massachusetts General Hospital Sports Physical Therapy program and the American Academy of Orthopedic Surgeons for non-surgical rehabilitation of clavicle fractures (7,15).

PHASE ONE: 0 – 4 Weeks Post-Injury	Program
<p>GOALS:</p> <ol style="list-style-type: none"> Protect Clavicle: Arm sling for 6 weeks Regain Range of Motion (ROM): Perform protected ROM Control pain and swelling: Ice 3-5 times/day (15 min) <p>PRECAUTIONS:</p> <ul style="list-style-type: none"> Maintain arm below 90° 5lb lifting restriction No pulling, pushing or excessive reaching ROM Precautions: <ul style="list-style-type: none"> Flexion to 90° External rotation(ER) at 0° as tolerated; internal rotation (IR) and external rotation at 90° to 45° No IR behind back; No horizontal adduction 	<p>EXERCISES(3-5x/day; 7 days/week)</p> <p><u>Stretching/Active Motion</u></p> <ul style="list-style-type: none"> Pendulum exercises Supine passive arm lifts Supine ER <p><u>Strengthening</u></p> <ul style="list-style-type: none"> Ball squeezes Isometric rotator cuff (external/internal rotation) Isometric shoulder (abduction, adduction, extension, flexion) Elbow and forearm exercises (i.e. Theraband biceps and triceps) <p>Additional rehab considerations:</p> <ul style="list-style-type: none"> Soft-tissue/manual therapy for shoulder/neck musculature Cardiovascular training (i.e. stationary bike) throughout rehab
PHASE TWO: 7 – 12 Weeks Post-Injury	
<p>GOALS:</p> <ol style="list-style-type: none"> Restore ROM: Discontinue sling Increase strength: being gentle strengthening Improve neuromuscular control and proprioception <p>PRECAUTIONS:</p> <ul style="list-style-type: none"> No push-ups or pushing No overhead or across body lifting ROM Precautions: <ul style="list-style-type: none"> Increase ROM by 15° per week Shoulder flexion and abduction to tolerance Active horizontal adduction only Progressive IR and ER as tolerated 	<p>EXERCISES(1-3x/day; 7 days/week)</p> <p><u>Stretching/Active Motion</u></p> <ul style="list-style-type: none"> Supine assistive arm lifts Supine and Standing ER Behind back IR Horizontal adduction (active reach only) Hands behind-the-head stretch ER @ 90° abduction stretch IR @ 90° (sidelying) Proprioception drills <p><u>Strengthening</u></p> <ul style="list-style-type: none"> Theraband: IR, ER, forward/serratus punches, biceps curls, rows Sidelying ER Prone: row, extension, 'T's, 'Y's Standing scaption Isotonic biceps curl Rhythmic stabilization Scapulohumeral Rhythm exercises

PHASE THREE: 13 – 18 Weeks Post-Injury	
<p>GOALS:</p> <ol style="list-style-type: none"> 1. Continue to protect clavicle 2. Restore full ROM 3. Continue strengthening progression: strength/power/endurance/stability/control <p>PRECAUTIONS:</p> <ul style="list-style-type: none"> • Continue to avoid pushing and overhead lifting • Gradual return to recreational activities without force on the arm • ROM Precautions: <ul style="list-style-type: none"> - Progress to full ROM 	<p>EXERCISES(1-2x/ day; 7days/ week) <u>Stretching/Active Motion</u> (continue from Phase 2) and add:</p> <ul style="list-style-type: none"> ○ Standing ER/Doorway ○ Wall Slide stretch ○ Standing forward flexion ○ Supine cross-chest stretch ○ Sleeper stretch ○ ER at 90° abduction stretch <p><u>Strengthening:</u> continue Theraband and dynamic exercises from phase 1 and 2</p> <ul style="list-style-type: none"> ○ PREs no greater than 5lbs ○ Week 12: Wall Push-Ups ○ Week 16: Weight training to begin <ul style="list-style-type: none"> - Front pull downs, biceps/triceps - Seated rows and bench press
PHASE FOUR: 19 – 28 Weeks Post-Injury	
<p>GOALS:</p> <ol style="list-style-type: none"> 1. Maintain full ROM 2. Progression of functional activities 3. Continue progressive strengthening 4. Advance sports and recreational activity per surgeon <p>PRECAUTIONS:</p> <ul style="list-style-type: none"> • Weight training precautions 	<p>EXERCISES(1x/day; 3 days/week) <u>Stretching/Active Motion</u> (continue from Phase 3)</p> <p><u>Strengthening:</u> continue Theraband and dynamic exercises from Phase 3</p> <ul style="list-style-type: none"> ○ Progress closed chain exercises: <ul style="list-style-type: none"> - Ball on wall - Week 20: Push-up on unstable surface ○ Thrower Plyometric Program: <ul style="list-style-type: none"> - 'Rebounder' throws arm at side; weight ball - Wall dribbles overhead - Wall dribbles at 90°: decelerations, circles ○ Week 28-32: Initiate sports programs and regular sport-specific training