

# Clavicle Fracture Repair

## Physical Therapy Protocol

### Keys to a Successful Outcome

- Pain > 4/10 = Hold progression
- Motion should not proceed > 90° for the first four weeks to decrease stress at the fracture site

Phase	Brace	ROM Goals	WB	Exercises
Weeks 0-6	Worn at all times*	PROM for 4 wks; AAROM begins at 4 wks; no FF > 90° until 4 wks	NWB	Pendulums, elbow/wrist ROM, grip strength
Weeks 6-12	Discontinue sling	AAROM -> AROM	PWB	Isometrics at 8 wks, Theraband for RTC, scapula, biceps, triceps
Weeks 12-16	None	FAROM	Gradual WBAT	Progress with weights, emphasizing eccentric and scapular stability; endurance exercises
Months 4-6	None	FAROM	WBAT	Return to sports/full activity

### Patient Instructions

- \*May remove sling if weight of arm is supported on chair/desk/table (i.e. desk work, eating).
- Do not let arm hang freely at your side.

### General Time Frames for ADLs

- Driving: 6-8 wks
- Desk/light return to work: 6-12 wks
- Return to sports: 4 mo