



Shoulder: Clavicle Fracture Post-operative Protocol

Dr. Adam V Metzler,
Sports Medicine and Trauma Orthopaedic Surgery

If you have any questions about this protocol or about the patient, do not hesitate to email Dr. Metzler at: ametzler@orthonky.com

****If you have any questions about this protocol or about the patient, do not hesitate to email Dr. Metzler at: ametzler@orthonky.com

Do not elevate surgical arm above 120° in any plane for the first 4 weeks postop.

Do not lift any objects over 5 pounds with the surgical arm for the first 4 weeks.

AVOID REPEATED reaching for the first 6 weeks.

Ice shoulder 3-5 times (15 minutes each time) per day to control swelling and inflammation.

An arm sling is used for 4 weeks post-op.

Maintain good upright shoulder girdle posture at all times and especially during sling use.

Week 1:

•Exercises (3x per day):

- pendulum exercises
- squeeze ball
- triceps with Theraband
- isometric rotator cuff external and internal rotations with arm at side
- isometric shoulder abduction, adduction, extension and flexion with arm at side.

•Soft-tissue treatments for associated shoulder and neck musculature for comfort.

•Cardiovascular training such as stationary bike throughout rehabilitation period.

Weeks 2 - 4:

•Soft-tissue treatments for associated shoulder and neck musculature for comfort.

•Gentle pulley for shoulder ROM 2x/day.

•Elbow pivots PNF, wrist PNF.

•Isometric scapular PNF, mid-range.

Weeks 4 - 8:

•Start mid-range of motion rotator cuff external and internal rotations

•Active and light resistance exercises (through 75% of ROM as patient's symptoms permit) without shoulder elevation and avoiding extreme end ROM.

•Strive for full motion after 4 weeks.

Weeks 8 - 12:

• Full shoulder Active ROM in all planes.

- Increase manual mobilizations of soft tissue as well as glenohumeral and scapulothoracic joints for ROM
- No repeated heavy resisted exercises or lifting until 3 months.
- Progress strengthening

Weeks 12 and beyond:

- Start a more aggressive strengthening program as tolerated.
- Increase the intensity of strength and functional training for gradual return to activities and sports.
- Return to specific sports is determined by the physical therapist through functional testing specific to the injury.