



Town Center

ORTHOPAEDICS

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HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
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Post-operative Protocol: Clavicle Fracture

- Keep sling on at all times except hygiene and elbow motion/pendulum exercises until follow up. OK to move hand/fingers/elbow, but no lifting, pushing, or pulling. Remove dressing 1 week post-op. OK to shower.
- 2-6 weeks: Repeat x-rays. Continue sling. Start 4x daily ROM exercises: supine passive assisted ROM FE:120, ER:30. No active shoulder motion. Lift < 2lb
- 6-10 weeks: Repeat x-rays. Wean out of sling and start active ROM. Advance to phase 2 stretching (assisted extension, assisted internal rotation, cross body adduction) and phase 1 strengthening (with resistance bands: internal rotation, external rotation, extension, flexion, abduction). Start resistance bands, isometric strengthening. Lift < 5lb. Can drive.
- 10 weeks on: continue resistance bands, weight training supine and gradually sit up, gradually go back to sports. Lift < 10lb.
- No push up, bench press, deadlift, lifting overhead > 20lb until at least 4 months.
- Return to work with limited duty at 2-3 months, full duty 4-6 months, Contact sports > 4 months
- Repeat x-ray at 6 months