

Adam Seidl, MD
Associate Professor
Shoulder/Elbow Surgery
Department of Orthopedics
University of Colorado



Orthopedics
UNIVERSITY OF COLORADO

Highlands Ranch Hospital
(720) 516-4090
Inverness
(303) 694-3333
Anschutz Medical Campus
(720) 848-1900

Rehabilitation Protocol Non-operative Clavicle Fracture

Phase I: Protect clavicle (*Injury to 2 weeks*)

- Sling at all times
- No lifting with injured arm
- Motion: No shoulder ROM
- Elbow and forearm exercises, ball squeeze exercise
- Strengthening: No resistive exercises/activities

PHASE II: Advance ROM (*2-6 weeks*)

- Sling: for comfort
- Motion: Begin gentle PROM exercises followed by AAROM and AROM in all planes to pain tolerance
- Strengthening: Begin gentle Theraband resistive exercises at 4 weeks

Phase III: Restore function (*6-12 weeks*)

- Sling: Discontinue sling at all times
- Motion: goal for full motion by week 12
- Strengthening: Progress to higher weights and sports specific training at week 10
- Return to sports 3-6 months from surgery