

Brandon M. Tauberg, M.D.
 Orthopaedic Sports Medicine Surgeon
 Arthroscopic and Shoulder Surgery
 www.brandontaubergmd.com

South Hills Location
 2000 Oxford Drive
 Suite 211, 2nd Floor
 Pittsburgh, PA 15102
 412-283-0260 (office)
 412-283-0070 (fax)

Non-Operative Clavicle Fracture Rehabilitation Protocol

	Range of Motion	Sling	Exercise/Strength
Weeks 0-3	Maintain ROM of elbow, wrist, and hand	Sling for 3 weeks	Elbow, wrist, and hand exercises
Weeks 3-6	<ul style="list-style-type: none"> • Begin gentle PROM • Slow progression to AAROM 	Sling as needed for comfort only	Pendulums, scapular stabilizing exercises, sub-maximal isometrics
Weeks 6-12	Full ROM as tolerated	No sling	<ul style="list-style-type: none"> • Progress strengthening program with increase in resistance • Progress rhythmic stabilization activities to include standing PNF patterns • Upper body ergometer for strength and endurance
Months 3+	Full ROM as tolerated	No sling	Progress return to sport / functional exercises and activities

This protocol is to be used as a guide; please use clinical decision-making regarding patient progression based on the individual's progress, exam, and therapy course. If any questions, please contact Dr. Tauberg.



South Hills Orthopaedic

SURGERY ASSOCIATES, P.C.