

## Non-Operative Clavicle Fracture Rehabilitation Protocol

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