

Nonoperative - Clavicle Fracture Rehabilitation Protocol

	Range of Motion	Sling	Exercises/Activities
Phase 1 0-2 weeks	Week 1 and 2 – no shoulder ROM	0-2 weeks: Sling most when awake or when up and moving around	Wrist/hand ROM, Elbow flexion, extension pronation and supination OK.
Phase 2 2-6 weeks	Progress to 0-90 degrees for AROM and further as tolerated for PROM and AAROM	Sling for comfort	Discontinue Sling Pendulums, and assisted active ROM Passive shoulder ROM up to 90 degrees. Ok to use hand for activities of daily living (1-2 lb weigh limit) Elbow/wrist/hand ROM unlimited.
Phase 3 7-12 weeks	Full ROM	None	Progress weight bearing/resistance Advance to full, painless ROM Strengthening as tolerated Begin eccentrically resisted motion and closed chain activities Advance to sport and full activity as tolerated after 12 weeks