Clavicle Fracture

Precautions: No FF >120 degrees x 4 weeks, sling 2-3 weeks

Phase I: (1-2 weeks)

- Gentle PROM pendulums
- Elbow/wrist/finger ROM exercises
- Scapular isometrics

Phase II: (2-4 weeks) – Progressve Motion

- Gentle PROM / gradual AAROM
- Gentle pulleys
- Scapular stabilization

Phase III: (4-8 weeks) – Full Motion

- Full AROM/PROM Motion by 6 weeks
- Active and light resistance exercises as symptoms permit avoiding extreme ROM

Phase IV: (8-12 weeks) – Early Strengthening

- Full AROM in all planes
- No heavy lifting

Phase V: (>12 weeks) – Return to Activity

- Full AROM
- Advance strengthening as tolerated
- Return to sports specific activities by 24 weeks