



Nathan A. Mall, MD, CIME
The Orthopedic Center of St. Louis
Cartilage Restoration Center of St. Louis
14825 N. Outer 40, Suite 200; Chesterfield, MO 63017
P: 314.336.2555 F: 866.276.7014

Post-Operative Protocol- Clavicle Fracture

Patient Name: _____ Date: _____

Diagnosis: _____ Date of Surgery: _____

____ Provide patient with home exercise program

0-4 Weeks:

- Sling for comfort only
- Grip strengthening
- Maintain shoulder motion by progressing PROM → AROM without restrictions
- ROM goals: Full passive flexion and extension at elbow; full shoulder AROM
- No resisted motions until 4 weeks post-op
- Heat before PT sessions; other physical modalities per PT discretion

4-12 Weeks:

- At 4 weeks, begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
- At 4 weeks, begin scapular strengthening
- May advance weight bearing and strengthening based on patient comfort. Ok to begin push-ups and other strengthening in graduated fashion. Start with wall push-ups → kneeling push-ups → regular push-ups
- OK to begin sports-specific activities/strengthening per tolerance

3-12 Months:

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometric (ex. weighted ball toss), proprioception (ex. body blade), and closed chain exercises at 12 weeks.
- Return to throwing and begin swimming at 3 months (see return to throwing program)
- Collision sports at 3 months
- MMI is usually at 3 months

____ Other:

Modalities: _____ Electric Stimulation _____ Ultrasound _____ Heat before/Ice after

Frequency: _____ x/ week x _____ weeks

Nathan A. Mall, MD