**Clavicle Fracture**

Patient and Physiotherapist information

**Procedure details:** Restoring the anatomic position of the clavicle and the relationship with the sternum and chest wall to the scapula and arm to allow function of the shoulder and arm, aiming to restore normal function.

**Goals of treatment:** The aim is restore the superior shoulder girdle function. The rehabilitation will aim to restore range of motion, settle the reactive change to nerves, prevent scarring to surrounding nerve and allow a timely return to function.

**Rehabilitation phases:**

This document can be used with Dr Drynan’s rehabilitation videos, accessed via [www.drdaviddrynan.com.au](http://www.drdaviddrynan.com.au) or Youtube – Dr Drynan Orthopaedics or Link: <https://www.youtube.com/channel/UCbig6cNvW11u42tIYHvGl7w>

**Phase**

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| **Phase** | **Time (days)** | **Restrictions** | **Exercises** |
| 1 | 0-10-14 | In a sling until next visit – usually 2 weeks. | Finger, hand, wrist and elbow movement, gentle active movement from day 0 is encouraged.  Shoulder pendulum exercises can be used from day 1, allowing for gentle hanging of the arm and making small circles with the hand.  Active internal and external rotation of the shoulder with the arm supported in adduction (by the side of the body) is encouraged. |
| 2 | 14-30 | No shoulder strengthening  No lifting more than cup of tea/small glass of water  No Sport  No Shoulder abduction or flexion greater than 90 degrees  no reaching for objects or lifting | Passive and active assisted range of motion, forward flexion to 90, abduction to 90.  Scapular retraction exercises.  Active hand/wrist/elbow range and IR/ER of shoulder.  Passive end range of motion exercises  AIM full ROM by week 5-6  \*\*OK for office work from week 1, but support arm when at work/school, no reaching for objects or lifting |
| 3 | 30 days-3 months | No boxing or heavy weights. | Full ROM, PROM, AROM, AAROM.  Can start with push-ups at 8 week mark  Swimming from 6 weeks – in pool – take it easy \*\*not if ligament damage\*\* |
| 4 | 3 months | Slowly return to boxing and impact from 5 months if range, function and union confirmed. | Return to sport program gentle activities, slowly increasing loads and functional demands. |

\*\* Talk to Dr Drynan regarding ligament injuries, associated with your injury that may preclude this form of rehab or have certain restrictions