



**THE ORTHOPEDIC PARTNERS**  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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## **Non-Operative Clavicle Fracture Protocol**

### **Phase I**

#### **Sling**

- 1) Worn at all times

#### **Weeks 0-2**

- 1) Protect clavicle
- 2) Motion restrictions: No shoulder ROM, no lifting with injured arm
- 3) Therex: Elbow/forearm exercises, ball squeeze exercise
- 4) Strength: No resistive exercises/activities

### **Phase II**

#### **Sling**

- 1) For comfort

#### **Weeks 2-6**

- 1) Advance ROM
- 2) Therex: Begin gentle PROM progressing to AAROM then AROM  
- All planes as tolerated by pain
- 3) Strength: 4 wks begin gentle Theraband resistive exercises

### **Phase III**

#### **Sling**

- 1) Discontinue sling at all times

#### **Weeks 6-12**

- 1) Restore function
- 2) Therex: goal for full motion by week 12
- 3) Strength: 10 wks increase resistance and sports specific training
- 4) Return to sports: 3-6 months from surgical intervention only