



**ORLANDO HAND SURGERY ASSOCIATES**  
**801 N. ORANGE AVE SUITE 600**  
**ORLANDO, FL 32801**  
**PHONE (407)-841-2100**  
**FAX (407)-841-5705**

### **Clavicle Fracture Nonoperative**

#### **0-2 weeks:**

Sling: A sling is used full time

#### Precautions:

- Do not elevate arm above 90 degrees in any plane for first 4 weeks
- Do not lift > 5lbs

#### Motion:

- Remove the sling 4-5 times per day for pendulum exercises and to move through full arc of motion for elbow, forearm, wrist and fingers

#### **2-4 weeks:**

Sling: Daytime only after 3 weeks

#### Motion:

- Begin PROM and limit flexion to 90, ER to 45 and extension to 20
- Begin passive wall crawl or easy pulley exercises twice per day
- Continue to work on elbow, forearm and wrist ROM

#### **4-8 weeks:**

Sling: Discontinue sling

#### Motion:

- Begin active/active assistive ROM, PROM to tolerance.
- Begin deltoid/rotator cuff isometrics at 8 weeks.
- Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff



- No strengthening until given the ok at 6 weeks

**8-12 weeks:**

Motion: Work towards full AROM in all directions. May begin to gradually strengthen but avoid heavy lifting. Build endurance with low weight and high reps.

**12+ weeks:** Return to all activities as tolerated with no limitations.

Please call with questions or concerns at the phone number above.