Connecticut Orthopaedics

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Clavicle Fracture
Non-Operative Protocol

Phase I: Protect Clavicle
Injury to 2 Weeks

- Sling at all times
- No lifting with injured arm
- Motion: No shoulder ROM
- Elbow and forearm exercises, ball squeeze exercise
- Strengthening: No resistive exercises/activities

Phase II: Advance ROM
2-6 Weeks

- Sling: for comfort
- Motion: Begin gentle PROM exercises followed by AAROM and AROM in all planes to pain tolerance
- Strengthening: Begin gentle Theraband resistive exercises at 4 weeks

Phase III: Restore Function
6-12 Weeks

- Sling: Discontinue sling at all times
- Motion: Goal for full motion by week 12
- Strengthening: Progress to higher weights and sports specific training at week 10
- Return to sports 3-6 months from surgery

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