

Clavicle Fractures

PHYSIOTHERAPY PRESCRIPTION:

- 0-4 Weeks:** Sling Immobilization – to wear at most times, especially at night. May remove if sitting comfortably and arm well supported
Active ROM Elbow, Wrist and Hand
Active ROM shoulder – start when pain allows
Scapular Stabilization exercises
Deltoid isometrics
- 4-6 Weeks:** Discontinue Sling
Continue Active ROM
Physioball Scapular Stabilization
Isometric exercises
Progress deltoid isometrics
- 6-12 Weeks:** May start progressive strengthening
– dependent on whether healing present
- 12 Weeks:** Sports-Specific Strengthening and Plyometrics