



Mid-America Orthopedics

Dr. John Babb

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CLAVICLE FRACTURE (Conservative Treatment) PROTOCOL

Day 1- 41 Post-op

- **Immobilization: Remain in sling with pillow for 6 weeks.**
- **ROM: PROM only**

6 Weeks Post-op

- **Sling:** discontinue
- **ROM:**
 - Progress to AAROM/AROM per pt. tolerance
 - Continue PROM with goal of full
- **Strengthening:**
 - Initiate isometrics and isotonics
 - Light UBE
 - Glenohumeral/scapular rhythmic stabilization per pt. tolerance

8 Weeks Post-op

- **Strengthening:**
 - Continue progressing previous strengthening activities
 - If strength and ROM are full, pt. is pain-free, and there is good healing on x-rays, pt. may be cleared for return to sports by Dr. Babb.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.