

Christopher M. Brusalis, MD
 Phone: (516)-743-3036
 Fax: (516)-743-3576
 Email: DrBrusalisOffice@hss.edu
 Website: www.BrusalisMD.com



Physical Therapy following Clavicle Fracture (Non-Operative)

The following is a basic framework from which to work during rehabilitation for a clavicle fracture treated non-operatively. Physical therapists may employ specific exercises at their discretion within these guidelines. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

	Range of Motion	Immobilizer	Exercises
Phase I 0-2 weeks	No shoulder ROM	Sling at all times	Elbow/wrist ROM, grip strengthening at home only
Phase II 2-6 weeks	Begin active/active-assisted ROM, passive ROM in all planes to tolerance Goals: full ER, 135° flexion, 120° abduction	Sling for comfort	Continue Phase 1 work, begin active-assisted exercises, deltoid/rotator cuff isometrics at 4 weeks Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff
Phase III 6-12 weeks	Gradual return to full AROM by week 12	None	Progress to higher weights and sport-specific training at week 10 Return to sports at 3-4 months