Clavicle Fracture Fixation Protocol
Clavicle Fracture Fixation

Mr. Devinder Garewal
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Orthopaedic Shoulder Surgeon

<table>
<thead>
<tr>
<th>Sling</th>
<th>When will I go home?</th>
<th>What can I do?</th>
<th>What can’t I do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 weeks</td>
<td>You will be discharged on the same day as the operation</td>
<td>Passive shoulder movement, elbow/wrist mobilisation</td>
<td>No forced range of movement or stretch. No lifting</td>
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**Acute phase (0-2 weeks)**

**Goals**
- Reduce pain
- Initiate passive shoulder range of movement
- Maintain elbow/wrist range of movement

**Rehabilitation**
- Shoulder passive range of movement exercises within pain/stretch limits
- Elbow/wrist range of movement exercises
- Scapular setting exercises

**Criteria for progression**
- Reduction and control of pain

**Intermediate phase (2-6 weeks)**

**Goals**
- Reduce pain
- Wean sling by 6 weeks
- Restore shoulder range of movement
- Scapular control through range

**Rehabilitation**
- Start to wean sling at 4 weeks post op
- Gentle isometric exercises in neutral as pain allows
- Scapular control exercises
- Begin active assisted exercises & progress to active exercises when sling weaned
- Hydrotherapy permitted

**Criteria for progression**
- Pain controlled
- Adequate shoulder range to start rotator cuff strengthening
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Late phase (>6 weeks)
Goals
- Functional shoulder range
- Strengthen cuff
- Scapular control

Rehabilitation
- Progress to full active exercises in all ranges
- Rotator cuff strengthening
- Progress cuff and scapula recruitment and control through range
- Closed chain exercises
- Capsular stretching
- Proprioceptive training

Guidelines for return to functional activities

<table>
<thead>
<tr>
<th>Driving</th>
<th>Lifting</th>
<th>Swimming</th>
<th>Golf</th>
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<tbody>
<tr>
<td>6 weeks</td>
<td>Light lifting at 6 weeks. Avoid heavy lifting until fracture healed.</td>
<td>6-8 weeks</td>
<td>3-6 months</td>
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