

Clavicle: Non-Operative Management

Phase 1

- **Sling:** Wear sling at all times, including while sleeping. Weeks 0-2
- **X-Ray:** X-Ray imaging expected at 2 wk and 6 wk visits
- **Weeks 0-2**
 - Perform scapular stability (shrugs, retraction) and grip exercises as shown
 - PASSIVE flexion/extension of elbow twice daily as shown (Do not over-extend)
 - Wrist and hand motion such as typing okay after 5 days. Minimal movement such as light grip/relaxing of the hand is encouraged
 - **No resistance/ holding objects with the arm/hand greater than 1-2 lb**
- **Weeks 2-6**
 - **May discontinue sling as tolerated/directed over the next 4 weeks**
 - Contact the office for options if neck/shoulder pain/tension continues despite over-the-counter medication and ice/heat pack use
 - **Begin performing active ROM in all planes focusing on light daily tasks**
 - **Avoid forceful/ repetitive movements, limit force to about 10-15 lb max**

Phase 2

- **Weeks 6-12**
 - Begin weight training/strengthening program as tolerated (usually 50-75% effort, limit 3x/wk max). Recommend modified activity at first such as lower weights or counter push-ups
 - **We advise against intense sports/activity with likely impact, falls, or risk of forceful twisting of the shoulder until 2 or more months after the injury**

Phase 3

- **Weeks 12+**
 - Goals: Increase to full activity stepwise as tolerated

Notes

- **Most patients will gain full ROM and strength easily on their own. However, we are happy to provide a Physical Therapy order if requested**