

Clavicle Fracture Postoperative Protocol

Immediate Postoperative Instructions

- **Activity:** Keep the sling on, remove only for hygiene. You may allow your arm to hang in order to extend your elbow.
- **Dressing:** Keep waterproof dressing on for 1 week. May change if saturated.
- **Shower:** May shower in waterproof dressing. Do not submerge in water until 1 week after your surgery.
- **Follow-Up Appointment:** If not already scheduled, call (402) 609-3000 tomorrow to schedule your appointment in the next 1-2 weeks.
- **Questions:** Call us at (402) 609-3000 or email at Matthew.Dilisio@OrthoNebraska.com.

Postoperative Plan

Sling Use

- Sling for 6 weeks except for hygiene and exercises as outline below
- May remove for showers/dressing

Activity

- Permitted Immediately: Computer, eating, holding a book, typing, writing
- 8 Weeks: Golf (chip and put only)
- 3 Months: Competitive sports

Physical Therapy Protocol

Phase I: Weeks 0-6

- Sling at all times except for hygiene and exercises
- Full passive range of motion to fingers, wrist, and elbow
- May start pendulum exercises immediately
- May start formal physical therapy at follow-up, **passive and active assist motion only**
 - Forward elevation: As tolerated
 - External Rotation: As tolerated
 - Internal Rotation: As Tolerated

Phase II: Weeks 6-8

- Wean from sling
- Progress to active motion, **no strengthening**
 - Forward elevation: As tolerated
 - External Rotation: As tolerated
 - Internal Rotation: As Tolerated

Phase II: Weeks 8+, Once Healed

- Start resistance training, gradually increasing (starting with light weights, high repetitions)
- Continue gentle stretching
 - Forward elevation: Full
 - External Rotation: Full
 - Internal Rotation: Full