

## **Clavicle Fracture**

Precautions: No FF >120 degrees x 4 weeks, sling 2-3 weeks

### Phase I: (1-2 weeks)

Gentle PROM pendulums  
Elbow/wrist/finger ROM exercises  
Scapular isometrics

### Phase II: (2-4 weeks) – Progressive Motion

Gentle PROM / gradual AAROM  
Gentle pulleys  
Scapular stabilization

### Phase III: (4-8 weeks) – Full Motion

Full AROM/PROM Motion by 6 weeks  
Active and light resistance exercises as symptoms permit avoiding extreme ROM

### Phase IV: (8-12 weeks) – Early Strengthening

Full AROM in all planes  
No heavy lifting

### Phase V: (>12 weeks) – Return to Activity

Full AROM  
Advance strengthening as tolerated  
Return to sports specific activities by 24 weeks