

**Bonnie P. Gregory, MD**

**Non-Operative Clavicle Fracture Rehabilitation Protocol**

|                     | <b>Range of Motion</b>                         | <b>Sling</b>                     | <b>Exercise/Strength</b>  |
|---------------------|--|----------------------------------|---|
| <i>Weeks 0 -3</i>   | Maintain ROM of elbow, wrist, hand             | Sling for 3 weeks                | Elbow, Wrist, and Hand exercises  |
| <i>Weeks 4-6</i>    | Begin gentle PROM<br>Slow progression to AAROM | Sling as needed for comfort only | Pendulums, scapular stabilizing exercises, sub-maximal isometrics   |
| <i>Weeks 6-12</i>   | Full ROM as tolerated                          | No Sling                         | Progress strengthening program with increase in resistance<br>Progress rhythmic stabilization activities to include standing PNF patterns<br>UBE for strength and endurance |
| <i>Months 3-RTS</i> | Full ROM as tolerated                          | No Sling                         | Progress return to sport/functional exercises and activities.   |

For any questions or concerns regarding the protocol or rehabilitation process please contact:

Dr. Gregory's Office:

Phone: 713-486-7080

Fax: 713-452-4143

<https://www.bonniegregorymd.com/>