

Clavicle Repair Post Operative PT Protocol Revised March 2009

Please note that the surgical team may adjust any of these protocols as necessary for each individual patient. The following are guidelines only and physical therapists should contact us if they have any questions they may have regarding our protocol and our patient needs, limitations and expectations.

The UWMC Shoulder and Elbow Team can be reached at the Bone and Joint Center at 206 598-4288.

Weeks 0 – 6

Directions for Patient:

- Continue sling x 6 weeks after surgery
- No lifting greater than cup of coffee
- Keep arm below 60 degrees abduction or forward elevation
- Modified Codman's (8")
- Hand and wrist ball squeezing
- Stationary bike, elliptical trainer without arms OK

Weeks 7 – 12

Directions for Patient:

- D/C Sling
- No lifting greater 4-5 lbs (1/2 gallon of milk)
- Keep arm below 90 degrees abduction/forward elevation
- Curls and triceps extensions with elbow at side
- Light jogging ok

Week 13+

Directions for Patient:

- If radiographically healed – gradually return to full activities