

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

CLAVICLE NON-OPERATIVE PHYSICAL THERAPY PRESCRIPTION

Diagnosis: Clavicle Fracture

Phase I (0 to 2 weeks)

Goals: Control pain and swelling

Activities:

Sling: Use your sling all of the time for the first two weeks. Only remove the sling 4 or 5 times a day to do elbow and wrist ROM exercises.

Exercise Program:

___ Ice 7 days per week as necessary /15-20 minutes 4-5 times per day

STRETCHING / ACTIVE and PASSIVE MOTION

7 days per week as necessary 4-5 times per day

___ Elbow and forearm exercises

___ Ball squeeze exercise

Phase II (3 to 8 weeks)

Goals: Improve range of motion of the shoulder with gentle motion

Activities:

Sling: Maintain the sling until instructed by Dr. Jones. We will d/c the sling when the pain has largely subsided and there is evidence of healing on your x-ray.

Exercise Program:

STRETCHING / PASSIVE MOTION

___ Pendulum exercises

___ Supine External Rotation

___ Supine assisted arm elevation limit to 90° weeks 3 and 120° weeks 4-6

___ Isometric exercises: internal and external rotation at neutral

___ Elbow and forearm exercises

___ Ball squeeze exercise

___ Scapular retraction

Phase III (9 to 14 weeks)

Goals: Improve range of motion of the shoulder, begin gentle strengthening

STRETCHING / ACTIVE MOTION

___ 7 days per week as necessary 1-3 times per day

___ Supine External Rotation

___ Standing External Rotation

___ Supine assisted arm elevation

___ Arm Elevation in scapular plane

___ Behind the back internal rotation

___ Horizontal adduction

___ Biceps curl

___ Hands behind-the-head stretch

___ ER @ 90° abduction stretch

___ Proprioception drills

___ Rhythmic stabilization

___ Scapulohumeral Rhythm exercises Initiate

___ Side lying IR @ 90°

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STRENGTHENING / THERABAND

- ___ Internal and External rotation
- ___ Row
- ___ Forward punch (Serratus punch)

STRENGTHENING / DYNAMIC

- ___ Side lying ER
- ___ Prone row
- ___ Prone extension
- ___ Prone 'T's
- ___ Prone 'Y's
- ___ Standing scaption
- ___ Isotonic biceps curl

Phase IV (15 to 24 weeks)

Goals:

Progression of functional activities
Maintain full range of motion
Continue progressive strengthening
Advance sports and recreational activity per surgeon

Exercise Program:

STRETCHING / RANGE OF MOTION

5-7 days per week as necessary 1 time per day
___ Continue all exercises from phase III

STRENGTHENING / THERABAND

3 days per week as necessary 1 time per day
___ Continue from phase III

STRENGTHENING / DYNAMIC

3 days per week as necessary 1 time per day
___ Continue from phase III
___ Closed Kinetic Chain Exercises

PLYOMETRIC PROGRAM

Usually for throwing and overhead athletes
Days per week and times per day per physical therapist
___ 'Rebounder' throws with arm at side
___ Wall dribbles overhead
___ Rebounder throwing/weighted ball
___ Deceleration drills with weighted ball
___ Wall dribbles at 90°
___ Wall dribble circles

WEIGHT TRAINING

___ 'Progressive return to weight training based upon surgeon's advice

INTERVAL SPORT PROGRAMS

Progressive return to sports based upon surgeon's advise