

(PROTOCOL #10) NON-OPERATIVE CLAVICLE FRACTURE PROTOCOL

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The following is a set of general guidelines. It is important to remember that each patient is different. The progression of the patient depends on many factors including age and medical health of the patient and physician preferences. Any bracing is discontinued **ONLY UNDER DIRECTION OF PHYSICIAN**

PHASE	FUNCTIONAL PROGRESSION/ACTIVITIES	GOALS/ RESTRICTIONS
Injury to 2 weeks	OT elbow/hand ROM putty and ADL modifications	DASH questionnaire at time of evaluation and every 4 weeks Decrease pain Increase ROM to WFL
4-6 weeks	All of above including: Supine stick external rotation, pendulums, pulley Flexion and abduction	
8-10 weeks	All of above including: Start AROM, CAD UBE Begin theraband strengthening 1-2 week period to progress; every other day to start Start internal/external rotation then flexion/extension And then abduction	Return patient to previous functional status Progress to all 5 planes 45° arc after 2 weeks can do daily then progress to full arc
12 weeks	All of the above including: Full arc theraband	

Refer to enclosed table for suggested exercises which optimize muscle function based on EMG activity.

Approved By:

Physician reserves the right to adjust these protocols for each patient.

Signature: _____ Date: _____

Robert M. Doane, M.D., P.C.

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Signature: _____ Date: _____

Balu Pisupati, PT