



Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

INJURY:

DATE OF INJURY:

Physical Therapy ORDER – Non-operative treatment of Clavicle Fracture

Week 1-3

Sling. May remove sling to do Pendulum exercises. No active shoulder motion.
Elbow and wrist ROM exercises, but no resisted exercises.
Goals: Maintain elbow and wrist ROM, prevent shoulder stiffness, control pain and swelling.

Weeks 3-4

Continue sling. Sling may be removed for exercises. May begin active-assisted motion. Continue pendulum exercises. Rope/pulley OK for flexion/scaption.
No lifting anything heavier than a pencil in injured hand.
Goals: Initiate shoulder ROM. Prevent pain.

Weeks 4-6

May begin to wean from sling. May begin full active and passive motion. No lifting anything heavier than a pencil.

Weeks 6-12

May begin to slowly incorporate light resistance exercises. May now use arm to lift nothing heavier than a carton of milk.

Weeks 12+

May work on shoulder rehab to return to sports. Once painless shoulder function has been achieved and strength has returned, and an athlete has completed the return to play rehab, then an athlete may return to play.