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REHAB PROTOCOL: Distal Clavicle Fracture Non-op

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Protection phase): Weeks 0-4

Precautions

- Patient to remain in sling for 4 weeks.
- **NO** pushing yourself from chair or bed with the operative arm.

ROM goals:

- Pendulum exercises of the shoulder
- Scapular exercises: Scapular pinch and roll and shoulder shrug

Phase II: Weeks 5-6

Precautions:

No lifting or pushing activities with the arm

Exercises

Discontinue the sling

Continue AROM of elbow, wrist and hand allowed during this phase

Start Active assisted ROM of shoulder followed by active ROM towards the end of this phase. Avoid shoulder ROM beyond 90 degree of flexion

Scapular stabilizing exercises

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Scarsdale, NY 10583
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1600 Stewart Ave, Suite 100
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1870 Richmond Road
Staten Island, NY 10306
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue
Brooklyn, NY 11201
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13th Street, 6th Floor
New York, NY 10077
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard
North Bergen, NJ 07047
Tel: 212-737-3301 Fax: 212-734-0407

Phase III (Strengthening): Weeks 6-12

Full range of motion of the shoulder and elbow

Initiate shoulder strengthening towards the later half (9 weeks or so): start with isometrics, followed by bands and then light weights (1-2 pounds)

Scapular strengthening exercises

Modalities

Heat and Ice

Ultrasound

Iontophoresis

Phonophoresis

Therapists' discretion

TENS

Trigger point massage

Evaluation and others

Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____