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Patient Sticker Here

Date

**PHYSICAL THERAPY PRESCRIPTION:**

**Clavicle Fracture Open Reduction / Internal Fixation**

Sling for 4-6 weeks. Out of sling only for exercises and bathing.  
 First 2 weeks, pendulum exercises only 3 times per day for shoulder.  
 Full range of motion with wrist and elbow should be started immediately 3 times per day.

Phase 1 - (Passive)

Week 2 Forward elevation, external rotation, internal rotation.  
 Pendulums to warm-up.

Phase 2 - (Active)

Week 6 Forward elevation, external rotation, internal rotation.  
 Terminal stretch.  
 Pendulums to warm-up.

Phase 3 - (Resisted)

Week 7 Forward flexion, external rotation, internal rotation.  
 Shrugs, rows.  
 Continue with Phase 2.  
 Pendulums to warm-up.

Weight Training

Begin 2-3 months post-op No long lever-arm, abducted position or impingement position exercises.

Return to Activities

Computer	5 weeks
Golf	3-3 ½ weeks
Tennis	4 months
Contact Sports	4-5 months