

## Shoulder or Clavicle fracture fixation

Shoulder or clavicle fixation is performed to:

Repair fractures of the proximal humerus (upper arm bone), clavicle (collar bone) and scapula/glenoid (shoulder blade/joint).

### Rehabilitation Protocol

This protocol is based on maintained range of movement in the first phase and then gradually building strength in the middle to the last phase.

Some of the physiotherapy terms may be unfamiliar to you now. They will become clear as you work with your physiotherapist.

### Milestones

<b>Time after surgery</b>	<b>What you can expect from your shoulder</b>
Week 4	50% of pre-surgery passive range of motion
Week 6	Active range of motion 50% of pre-surgery level
Week 12	Active range of motion equal to pre-surgery level Passive range of motion equal to pre-surgery level <i>Note: any acute loss of active movement should be referred to the next shoulder clinic</i>

### Return to functional activities

<b>Activity</b>	<b>When you can expect to be able to do the activity</b>
Return to work	Sedentary job: as tolerated Manual job: 3 months
Driving	6-8 weeks
Swimming	Breaststroke: 6 weeks Freestyle: 12 weeks
Lifting	Avoid lifting heavy items for 3 months, after then, as guided by your strength
Golf	3 months
Contact/High Impact Sports	3 months e.g. Rugby League, AFL, Martial Arts, Racket Sports, Surfing

## After Surgery

Time after surgery	Physiotherapy/Support
Day 1 to 3 weeks	<p><b>During the first three weeks you can expect to:</b></p> <ul style="list-style-type: none"><li>• wear an arm immobiliser sling</li></ul> <p><b>Perform the following:</b></p> <ul style="list-style-type: none"><li>• wrist/hand/finger exercises</li><li>• elbow flexion/extension and rotation</li><li>• shoulder girdle exercises</li><li>• scapula setting exercises</li><li>• passive range of motion movements in all directions (as tolerated)</li></ul> <p><i>Do not force or stretch your shoulder</i></p>
3 to 6 weeks	<p><b>During the next 3 weeks, you can expect to:</b></p> <ul style="list-style-type: none"><li>• wean off the sling</li><li>• begin active assisted exercises ensuring glenohumeral movement, not scapulothoracic</li></ul> <p><i>Do not force or stretch your shoulder</i></p>
6 to 12 weeks	<p><b>During the next 6 weeks, your physiotherapist will:</b></p> <ul style="list-style-type: none"><li>• progress to full active exercises in all ranges</li><li>• begin rotator cuff strengthening (pain free)</li><li>• engage in closed chain exercises</li><li>• begin stretching the capsule</li><li>• begin proprioceptive exercises</li></ul>