

CLAVICLE FRACTURE SURGERY REHABILITATION

0 to 6 weeks after surgery (see Dr Burrow in rooms at 2 weeks Post-Op with new Xrays)

Wear sling when walking, travelling or sleeping. Otherwise remove sling with arm supported on a chair, table or pillow and use hand the hand can be used for eating, computer and paperwork.

You can move your hand from your mouth to your buttock.

3 times a day, wrist and hand exercises with a squeeze ball.

With the wounds covered by a waterproof dressing shower with arm resting in triangular sling or supported on the shower soap dish

Physiotherapy to teach isometric muscle contraction of deltoid and scapular stabilizers, elbow and hand movement.

Pain Control

You will be given strong pain killers when you leave the hospital, like Panadeine Forte or Endone to take as breakthrough pain killers or on going to bed at night.

You can take anti-inflammatories for 1 week.

However almost all the post-op pain is better controlled with regular Panadol every 6 hours and Nurofen 6 hourly, 3 hours after the Panadol.

Make the arm comfortable by positioning it out of the sling, resting it on your tummy or a pillow.

Sleep in a reclining chair and / or with a body hugging pillow, with the arm in a sling until comfortable in 1-2 weeks.

Regular icing with the Body Ice pack: 30 mins on 4 times daily and after exercises or physio is very helpful.

8 – 12 weeks after surgery (see Dr Burrow in rooms at 6-8 weeks with new Xrays)

No more sling, except if in a rowdy crowd situation.

Begin passive and gentle active motion.

12 – 16 weeks after surgery (see Dr Burrow in rooms at 16 weeks with new Xrays)

Continue passive forward elevation 0-180°.

Work on internal and external rotation passive range of movement.

Begin formal strengthening forward elevation / internal / external rotation, retraining of scapulo-thoracic rhythm and proprioception.

Patient may walk / jog and swimming (breaststroke only).

16 – 24 weeks after surgery

Continue strengthening and stretching of the shoulder.

Sports specific strength and endurance training (tennis overhead serve, freestyle swimming, surfing) when fully rehabilitated with respect to motion, strength & proprioception.

GREGGORY BURROW