

<b>UCLA OUTPATIENT REHABILITATION SERVICES</b>	
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FOR APPTS, CALL: (310) 794-1323	
FAX: (310) 794-1457	
<b>Place label here</b>	
NAME OF PATIENT: _____	
MRN: _____	

**Kristofer J. Jones, M.D.**  
 Sports Medicine, Shoulder Surgery and Cartilage Restoration  
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**CLAVICLE NON-OPERATIVE PHYSICAL THERAPY PRESCRIPTION**

**Diagnosis: s/p ( LEFT / RIGHT ) Clavicle Fracture**

**Phase I (0 to 2 weeks)**

**Goals:** Control pain and swelling

**Activities:**

**Slings:** Use your sling all of the time for the first two weeks. Only remove the sling 4 or 5 times a day to do elbow and wrist ROM exercises.

**Exercise Program:**

\_\_\_ Ice 7 days per week as necessary /15-20 minutes 4-5 times per day

**STRETCHING / ACTIVE and PASSIVE MOTION**

7 days per week as necessary 4-5 times per day

- \_\_\_ Elbow and forearm exercises
- \_\_\_ Ball squeeze exercise

**Phase II (3 to 8 weeks)**

**Goals:** Improve range of motion of the shoulder with gentle motion

**Activities:**

**Slings:** Maintain the sling until instructed by Dr. Jones. We will d/c the sling when the pain has largely subsided and there is evidence of healing on your x-ray.

**Exercise Program:**

**STRETCHING / PASSIVE MOTION**

- \_\_\_ Pendulum exercises
- \_\_\_ Supine External Rotation

- \_\_\_ Supine assisted arm elevation limit to 90° weeks 3 and 120° weeks 4-6
- \_\_\_ Isometric exercises: internal and external rotation at neutral
- \_\_\_ Elbow and forearm exercises
- \_\_\_ Ball squeeze exercise
- \_\_\_ Scapular retraction

### **Phase III (9 to 14 weeks)**

**Goals:** Improve range of motion of the shoulder, begin gentle strengthening

#### **STRETCHING / ACTIVE MOTION**

- \_\_\_ 7 days per week as necessary 1-3 times per day
- \_\_\_ Supine External Rotation
- \_\_\_ Standing External Rotation
- \_\_\_ Supine assisted arm elevation
- \_\_\_ Arm Elevation in scapular plane
- \_\_\_ Behind the back internal rotation
- \_\_\_ Horizontal adduction
- \_\_\_ Biceps curl
- \_\_\_ Hands behind-the-head stretch
- \_\_\_ ER @ 90° abduction stretch
- \_\_\_ Proprioception drills
- \_\_\_ Rhythmic stabilization
- \_\_\_ Scapulohumeral Rhythm exercises Initiate
- \_\_\_ Side lying IR @ 90°

#### **STRENGTHENING / THERABAND**

- \_\_\_ Internal and External rotation
- \_\_\_ Row
- \_\_\_ Forward punch (Serratus punch)

#### **STRENGTHENING / DYNAMIC**

- \_\_\_ Side lying ER
- \_\_\_ Prone row
- \_\_\_ Prone extension
- \_\_\_ Prone 'T's
- \_\_\_ Prone 'Y's
- \_\_\_ Standing scaption
- \_\_\_ Isotonic biceps curl

### **Phase IV (15 to 24 weeks)**

**Goals:**

- Progression of functional activities
- Maintain full range of motion
- Continue progressive strengthening
- Advance sports and recreational activity per surgeon

#### **Exercise Program:**

##### **STRETCHING / RANGE OF MOTION**

- 5-7 days per week as necessary 1 time per day
- \_\_\_ Continue all exercises from phase III

##### **STRENGTHENING / THERABAND**

- 3 days per week as necessary 1 time per day
- \_\_\_ Continue from phase III

##### **STRENGTHENING / DYNAMIC**

- 3 days per week as necessary 1 time per day
- \_\_\_ Continue from phase III
- \_\_\_ Closed Kinetic Chain Exercises

##### **PLYOMETRIC PROGRAM**

- Usually for throwing and overhead athletes
- Days per week and times per day per physical therapist
- \_\_\_ 'Rebounder' throws with arm at side
- \_\_\_ Wall dribbles overhead
- \_\_\_ Rebounder throwing/weighted ball
- \_\_\_ Deceleration drills with weighted ball
- \_\_\_ Wall dribbles at 90°
- \_\_\_ Wall dribble circles

##### **WEIGHT TRAINING**

\_\_\_ Progressive return to weight training based upon surgeon's advice

**INTERVAL SPORT PROGRAMS**

\_\_\_ Progressive return to sports based upon surgeon's advice

**Treatment:** \_\_\_\_\_ **times per week**      **Duration:** \_\_\_\_\_ **weeks**      \_\_\_\_\_

**Home Program**

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\_\_\_\_\_  
**Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon**