

Dr. Thomas X Nguyen's Mid-shaft Clavicle Fixation Postoperative Protocol

- Sling and pendulum exercises
- Follow up 10-14 days for wound check and radiographs. Sling discontinued and unrestricted range of motion allowed. No strengthening or sports.
- At 6 weeks: Xrays to see if healed. If healed, allow strengthening exercises.
- At 12 weeks: resume contact sports and extreme sports