

Clavicle Fracture

Diagnosis Explanation:

A **clavicle fracture** is a break in the **collarbone**, often caused by **falls onto the shoulder, direct impact (sports, car accidents), or outstretched arm falls**. Symptoms include **sharp pain, swelling, bruising, a visible bump or deformity, difficulty moving the arm, and shoulder sagging**. Healing typically takes **6-8 weeks**, depending on severity.

Specific Work Modifications:

- **If your job requires standing or walking:** Avoid **carrying weight on the injured side** and take **frequent seated breaks**.
- **If your job involves lifting:** Avoid **lifting, pushing, or pulling objects**. Use the **unaffected arm whenever possible**.
- **If your job is desk-based:** Sit with **proper posture**, keep the **injured arm supported**, and avoid **leaning on the collarbone**.
- **Avoid:** Lifting, overhead reaching, repetitive arm movements, and any activity that causes pain.

Specific Activity Modifications:

- **If you play sports:** Avoid **contact sports, throwing, or overhead movements** until fully healed.
- **If you do weightlifting:** Avoid **bench presses, overhead presses, deadlifts, and any movement requiring arm support**.
- **If you do yoga or Pilates:** Modify movements to **avoid weight-bearing on the arms** (e.g., avoid planks and downward dog).
- **Avoid:** High-impact activities, sudden shoulder movements, and carrying heavy loads.

Recommended Supplements:

- **Calcium & Vitamin D** - 1000mg/800 IU daily for bone healing.
- **Collagen Peptides** - 10g daily to support connective tissue repair.
- **Magnesium** - 300-400mg daily for muscle relaxation and bone health.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Turmeric (Curcumin)** - 500-1000mg daily for natural pain relief.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to aid bone and muscle healing.
- **Eat Bone-Strengthening Foods** (leafy greens, dairy, nuts, seeds) to support fracture repair.

- **Consume Anti-Inflammatory Foods** (berries, turmeric, green tea) to reduce swelling.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to support bone regeneration.

Home Exercise Prescription (Rehabilitation for Clavicle Fracture)

Early Phase (0-2 Weeks, Pain Management & Protection):

- **Immobilization** - Use a **sling** for **2-4 weeks** to stabilize the fracture.
- **Pendulum Exercises** - Lean forward, let the arm hang, gently swing in circles, **10 reps, 2x/day**.
- **Elbow Flexion & Extension** - Bend and straighten the elbow while keeping the shoulder still, **10 reps, 2x/day**.
- **Scapular Retractions** - Gently squeeze shoulder blades together, hold **5 seconds**, repeat **10 reps, 2x/day**.

Strengthening Phase (3-6 Weeks, Regaining Mobility & Strength):

- **Isometric Shoulder Holds** - Press palm against a wall without moving the shoulder, hold **5 seconds**, repeat **10 reps, 2x/day**.
- **Wall Slides** - Stand facing a wall, slide hands up slowly, **10 reps, 2x/day**.
- **Internal & External Rotation (Resistance Band, If Tolerated)** - Rotate arm inward and outward, **10 reps, 2x/day**.

Advanced Phase (6+ Weeks, Full Recovery & Strengthening):

- **Lateral Arm Raises (Light Resistance)** - Raise arms to shoulder height, **10 reps, 2x/day**.
- **Scapular Stability Exercises (Resistance Band Rows)** - Pull resistance band toward chest, **10 reps, 2x/day**.
- **Modified Push-Ups (Wall or Knees)** - Maintain control, **10 reps, 2x/day**.

Helpful Books:

1. *The Healthy Shoulder Handbook: 100 Exercises for Treating and Preventing Injuries* - Karl Knopf.
2. *Overcoming Pain: A Guide to Managing Shoulder, Neck, and Back Pain* - Dr. Kit Laughlin.

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.