

Guidance Notes/ Aftercare PROTOCOL



Provides pain relief, improves outcome and accelerates recovery when worn within the first three weeks of a clavicle fracture (broken collarbone).

Award Winning Patented Design

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| <p>IMPORTANT: Once the brace and sling are fitted both must be worn continuously for a minimum of 3 weeks.</p> <p><u>Avoid disturbance</u></p> <ul style="list-style-type: none"> ▪ Do not lift arm on injured side above waist level. ▪ Do not swim, run or participate in contact sports until discharged by a medical practitioner. ▪ Depending on the severity of the fracture, wash on a top and tail, 'bird bath' basis for the first 2-3wks. | <p>Fit to a natural comfortable tension. <u>Do not over-tighten</u></p> <ol style="list-style-type: none"> 1. Avoid Ibuprofen as this inhibits new bone formation – if pain relief is required use Paracetamol. 2. No lifting or running. 3. Keep the injured side elbow at waist level at all times during the healing process - this avoids rotation to the collarbone. Use the forearm and hand for simple tasks that do not involve lifting. 4. Keep the weight of the arm supported in an arm sling for the first three weeks – this reduces disturbance to the fractured bone and improves muscle repair. 5. The impact that caused the fracture also throws muscles into spasm and causes contraction of the whole shoulder girdle, slowing blood-flow and healing. With displacement, this can increase risk of the collarbone shortening. By supporting shoulders, muscles can relax, circulation improves and healing gets underway faster. 6. Soon after the brace is fitted - approx 10mins - the brace may appear to go loose. This means the shoulder girdle is easing and the brace is doing its job. Re-tighten to a natural posture position. |
| <p>Day 4</p> | <p>Continue to adjust the brace as required to ensure the fracture in the best possible position for healing.</p> |
| <p>Day 5 - 7</p> | <p>As spasm in the shoulder girdle continues to relax, ensure shoulders remain in a natural position.</p> |

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| | Get plenty of sleep assists healing. |
| Day 8 - 10 | To prevent shoulder and elbow stiffness, flex the injured side arm gently downwards once or twice daily. Do not twist or raise the arm and keep the elbow at waist level. |
| Day 14 Week 2 | Second X-ray. There may not be any significant difference from your first x-ray. This is because new bone is not visible on X-ray. Some white streaks are usually visible and is confirmation that the bone is healing. |
| Week 3 | <p>Remain in the brace. Be mindful that the callous around your fracture is still soft and can easily re-break. The arm can be taken out of the sling for short periods, as comfort allows. A dull ache may be felt which indicates that muscles are still bruised and not strong enough to support the weight of the arm for any length of time.</p> <p>This is an ideal time to apply the gilet UPPER-ARMOUR extension. This addition limits arm movement likely to disrupt calcification of the bone which, at this stage can result in non-union.</p> <p>NOTE: wearing a sling is usually no longer necessary.</p> <p>Stretch the arm downwards smoothly – no sudden movements - remember the new bone is soft and muscles bruised.</p> |
| Week 3 or 4 according to severity of the fracture. | <p>If still in sling, the arm can be taken out for longer periods.</p> <ul style="list-style-type: none"> – ClaviBrace can be loosened. – keep the brace on to guard against accidental knocks and to maintain shoulder support especially, where there is shortening. More length can be achieved, by retracting shoulders, up to 5-6 weeks post fracture. <p>Hand exercises on fractured side – Squeeze a sponge or tennis ball several times a day.</p> |
| END of Week 5 | Remove Brace – re-apply when shoulder aches and during travel. |
| Week 6 - Return to work if not manual labour. | Gentle mobilisation / gently massage the surrounding area – NOT directly over the fracture / carry-out all rehabilitation exercises within your tolerance level. |
| Week 7+ | <p>Gradually return to activities i.e. driving, and be mindful that muscles take longer to heal than bones.</p> <p>Increase exercise gradually as muscles regain strength.</p> |

STANDARD REHAB EXERCISE PROGRAMME:

Week 5/6 following removal of Brace

1. Pendulum exercises
2. Squeeze ball
3. Isometric exercises:
 - a. External and internal rotations with elbow at side
 - b. Arm abduction and adduction with arm at side
 - c. Arm flexion and extension with arm at side
4. Soft tissue treatments for associated shoulder and neck musculature for comfort.
5. Cardiovascular training such as stationary cycling, walking, stair climbing, throughout rehabilitation period.

Pendulum Exercise



Begin this exercise by leaning forwards with your good forearm supported on a table or bench. Keeping your back straight and your shoulder relaxed, gently swing your affected arm in circles clockwise as far as possible pain-free.

- Repeat the exercise swinging your arm counter clockwise.
- Repeat 10 times in each direction provided there is no pain or clicking.

Isometric Exercises

During isometric exercises, contract your muscles without movement.

Internal / External Rotation:

Rest your hand against a surface such as a door frame. Keep your elbow by your side. Press either the palm of your hand or the back of your hand, against the door frame with less than 50% of maximum effort. Hold for 10 seconds. Repeat 12-20 times.



Isometric shoulder internal rotation

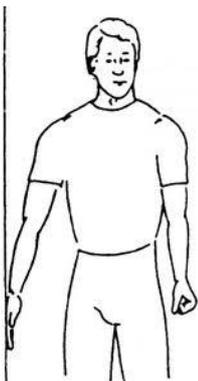


Isometric shoulder external rotation

Abduction / Adduction

Abduction (outward movement)

Press the back of your hand against a wall, with your arm relatively close to your body and using less than 50% of your maximum effort. Hold for 10 seconds. Repeat 12-20 times.



Adduction (inward movement)

Place a small rolled-up towel between your body and elbow, gently squeeze your elbow against your side.



Flexion / Extension

Gently push your elbow / fist against the wall, with your elbow bent, using less than 50% of your maximum effort. Hold for 10 seconds. Repeat 12 - 20 times.

Flexion



Extension



Contact sports i.e. rugby, can be resumed at 5 months when sufficient fitness has been attained.