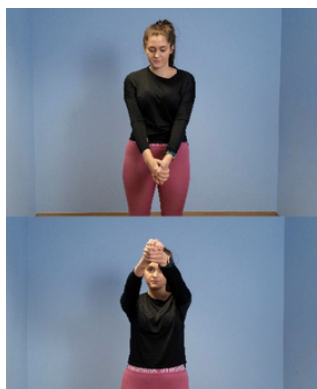


Clavicle Fracture

Intermediate Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



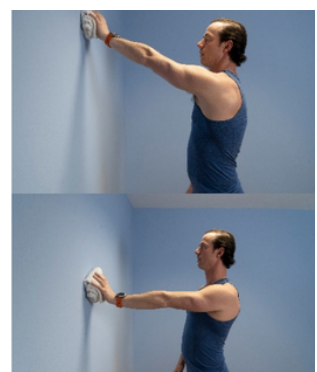
1. Assisted shoulder elevation

- In sitting or standing clasp your hands together with your arms straight.
- Keeping your hands clasped, use your non injured arm to help lift your injured arm above you.
- Do not push beyond any range of movement limitations prescribed.
- Stop when you get to the end of the movement or if your pain reaches 4/10.
- Lower your arms down in a controlled manner.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



2. Incline press up

- Stand in front of a solid surface that is around hip height, for example kitchen counter.
- Place your hands on the hip high surface and step backwards until you feel moderate force going equally through your shoulders.
- Bend your elbows to take your head and shoulders closer to your hands.
- Push against the surface to return to starting position.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



3. Wall circles

- Sit or stand arm's length away from the wall.
- Place a small ball between the palm of your hand and the wall head height (you may use a rolled up piece of tissue if you do not have a ball).
- Apply light pressure and keep your elbow straight.
- Move hand in a circular motion.
- Complete for 20 seconds changing direction each time.
- **Perform this exercise up to 5 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.