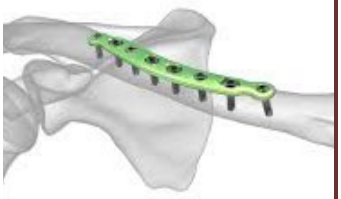
AC stabilisation



Clavicle Fracture Stabilisation

PROFESSOR GEORGE MURRELL

Rehabilitation Guidelines

National Day Surgery PTY LTD Sydney

Day 0

The following is a detailed outline of the rehabilitation regime for patients who have had an clavicle fracture treated by a plate and screws by Prof Murrell.

Early movement is encouraged, but overhead loading is restricted until the fracture has healed.

Durasoft cold treatment commences and continues every 2 hours for 20 minutes regularly for the first 48 hours. Always keep at least one pack in the freezer.

12 to 16 Hours

Local anaesthetic block

The block affecting your arm will begin to wear off, so it is advisable to begin taking the pain killers pre-scribed for you (eg panadeine forte).

Day 1

Start the following exercises

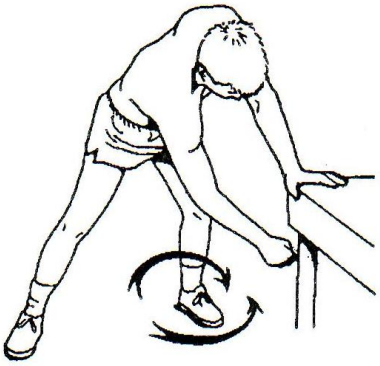
- **Elbow range of motion**

  Take off the sling.

  With elbow bent and your arm in front of your body bend and straighten you elbow.

- **Grip strengthening**

  Grip a rubber ball, hold for five seconds and release.



Pendular reach

Perform all the exercises ten times, three times a day

- **Pendular reach**

  Bend over and rest with your good arm on a steady surface, eg a table, so that your operated arm is dangling in front of your body.

  Swing the dangling arm left to right and then around clockwise and anti clockwise.

What to expect

The pain is often worse at night, especially the first few nights.

Don't forget to use the ice and easy, and your pain medication.

Some patients find it more comfortable to sleep a little more vertical, for instance in a recliner.

An increase in body temperature is common following an operation.

Continue these exercises for the first 2 weeks

Day 8

Post-op visit

Your first post-operative appointment should be on day 8—a Wednesday at 12.00 pm at The Church, 17 Kensington St, Kogarah.

We will

- Remove your bulky dressing.
- Take an xray
- Review the operation with you.

You can now

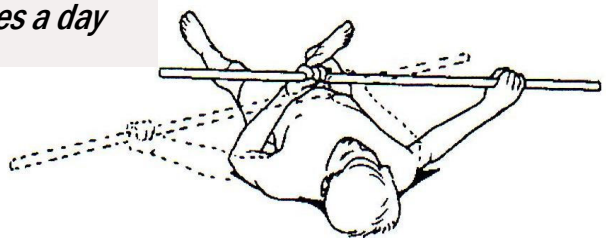
- Get your shoulder wet.
- Continue Phase 1 exercises.
- Drive a car

Perform all the exercises ten times, three times a day

- **External-internal rotation**

  Lay down on your back. Hold stick with good hand in under grip and operated hand in a top grip, elbows bent at 90°.

  Using your good hand gently push the stick towards the operated side of your body, making sure you keep the elbow of your bad arm by your side.



External—internal rotation

Phase 1 exercises are for the first 2 weeks

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Other milestones

6 WEEKS

- Post operative/physio check up.

3 MONTHS

- Visit with Prof Murrell.
- Xray.

Surgeon