

# Collarbone Fracture: Rehab Exercises

## Introduction

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Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

## How to do the exercises

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### Shoulder blade squeeze

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1. While standing with your arms at your sides, squeeze your shoulder blades together. Do not raise your shoulders up as you are squeezing.
2. Hold 6 seconds.
3. Repeat 8 to 12 times.

## Wall angels

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1. Start this exercise with your back against a wall and your hands raised above your head.
2. Keeping your arms against the wall, bend your elbows and slowly lower your arms while squeezing your shoulder blades together.
3. Repeat 8 to 12 times.

## Shoulder flexion (lying down)

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To make a wand for this exercise, use a piece of PVC pipe or a broom handle with the broom removed. Make the wand about a foot wider than your shoulders.

1. Lie on your back, holding a wand with both hands. Your palms should face down as you hold the wand.
2. Keep your elbows straight, and slowly raise your arms over your head until you feel a stretch in your shoulders, upper back, and chest.
3. Hold for 15 to 30 seconds.
4. Repeat 2 to 4 times.

## Chest stretch (lying down)

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1. Lie on your back with your elbows bent. Your arms should be out to your sides, and your arms and elbows should be resting on the surface you are lying on, such as the floor.
2. Raise your hands above your head until you feel a stretch in your chest.
3. Hold for 15 to 30 seconds.
4. Repeat 2 to 4 times.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

### Where can you learn more?

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Go to <https://www.healthwise.net/patiented>

Enter **X100** in the search box to learn more about "**Collarbone Fracture: Rehab Exercises**".

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