|  |  |  |
| --- | --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

Fractured Clavicle Review

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| W | 4 | J | C | W | W | S | M | R | E | D | L | U | O | H | S | E | C | I | E | H | Z | Z | S |
| W | A | D | G | O | T | K | S | R | E | L | R | W | T | N | 8 | G | S | P | J | E | E | T | E |
| G | L | F | P | L | N | W | U | E | L | E | T | J | R | O | S | N | B | 8 | P | L | W | N | S |
| W | S | A | E | B | I | 8 | R | D | C | S | L | 3 | A | D | U | I | G | B | Z | D | C | I | I |
| W | E | L | N | T | O | 4 | G | L | S | I | L | E | U | N | P | L | L | I | T | W | A | O | C |
| M | S | L | D | C | J | G | I | U | U | C | M | P | M | E | R | S | E | C | O | I | 3 | J | R |
| T | I | O | U | E | R | N | C | O | M | R | U | K | A | T | A | A | N | E | L | T | U | R | E |
| S | C | N | L | R | A | I | A | H | S | E | N | ​ | F | L | S | R | O | P | K | H | X | A | X |
| C | R | O | U | I | L | L | L | S | I | X | R | C | U | A | P | A | H | S | F | P | S | L | E |
| A | E | U | M | D | U | A | H | O | R | E | E | L | G | T | I | E | U | M | N | L | S | U | P |
| R | X | T | E | S | C | E | E | T | A | P | T | P | U | I | N | W | M | U | A | A | E | C | E |
| M | E | S | X | N | I | H | A | N | L | I | S | G | N | P | A | A | E | S | C | T | C | I | C |
| O | F | T | E | W | V | L | L | O | U | R | N | 3 | A | I | T | P | R | C | R | E | O | V | I |
| B | F | R | R | P | A | A | I | G | P | G | F | C | R | C | U | K | A | L | O | S | R | A | R |
| I | U | E | C | X | L | C | N | N | A | F | B | G | B | I | S | 3 | L | E | M | A | P | L | T |
| L | C | T | I | H | C | I | G | I | C | E | W | J | G | B | T | H | J | S | I | N | D | C | C |
| I | R | C | S | 3 | O | G | 3 | L | S | L | S | O | M | D | E | I | O | C | O | D | I | O | I |
| Z | O | H | E | 3 | N | R | 4 | L | B | C | W | W | R | D | N | Z | I | A | N | S | O | I | R |
| A | T | E | T | N | R | U | M | A | U | I | M | I | V | K | D | L | N | P | L | C | C | M | T |
| T | A | D | C | G | E | S | O | F | S | V | O | V | H | A | O | G | T | U | ​ | R | A | O | E |
| I | T | A | W | 3 | T | N | N | J | A | A | H | ​ | S | W | N | N | R | L | F | E | R | R | M |
| O | O | R | 4 | D | S | O | T | E | D | L | D | 4 | ​ | L | O | W | R | A | 4 | W | O | C | O |
| N | R | M | V | 8 | A | N | H | T | V | C | ​ | R | S | C | K | J | D | O | K | S | C | A | S |
| M | R | ​ | L | C | O | L | S | 3 | M | W | A | J | Z | 3 | B | L | N | C | M | ​ | V | D | I |

   Held with plates and screws​       SURGICAL Healing 3-4 months       NON-SURGICAL Healing 4-8 wks       Rotator cuff exercises       Isometric tricep exercises       Pendulum exercise       Grip exercise       Scar Mobilization       Work on R.O.M.       Wear a sling       Ice Shoulder       trauma       falling onto shoulder       Direct blow       fall on out stretched arm​       Acromioclavicular Joint       Sternoclavicular Joint       Acromion       Scapula       Sternum       Clavicle       Glenohumeral Joint       Coracoid Process       Biceps Muscle       Subscapularis Muscle       Supraspinatus tendon       Bicipital tendon