Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Clavicle Fracture in a Child

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Clavicle Fracture in a Child

Patient Information

Trauma & Orthopaedic Department

- Author ID: VL / BH
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Introduction

A fractured clavicle (broken collarbone) is a common injury. This fracture usually takes around 3 to 6 weeks to heal.



Often very painful; other symptoms can include:

- Swelling or tenderness around the injured area
- Bruising to the skin

The shoulder may appear slumped. This is due to the broken collarbone no longer providing support to the weight of the arm.

Recovery

Collarbone breaks heal naturally, using a simple sling for support for 2 to 3 weeks. The sling can be removed, and the arm used as pain allows. Take the arm out of the sling several times a day to straighten the elbow.

Regular pain relief is advisable e.g. paracetamol.

It may be more comfortable to sleep sitting upright; this can be done using extra pillows.

Return to sports such as swimming may be suitable at 3-4 weeks if pain allows, but avoid contact sports e.g. football, rugby, and basketball for a period of 6 weeks.

Things to expect

During the healing process, the body forms new bone (callus) around the fracture site. A lump/bump may develop over the collarbone. Please do not be alarmed, this is a normal part of the healing process. It may take up to one year for the lump/bump to disappear; however if the child is over ten years old, a small bump may remain.

Aftercare

No routine follow-up or X-ray is required.

For more information online, please visit https://www.wwl.nhs.uk/virtual-fracture-clinic If your child is still experiencing significant symptoms or shoulder stiffness after 6 weeks, please contact:

Fracture Clinic: 01942 822595 Monday to Friday (8.30am until 5pm). Please leave an answer machine message with patient details and we will return your call.

If you have any urgent concerns out of hours, please call 111.



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