

# Clavicle Fracture (Adult)

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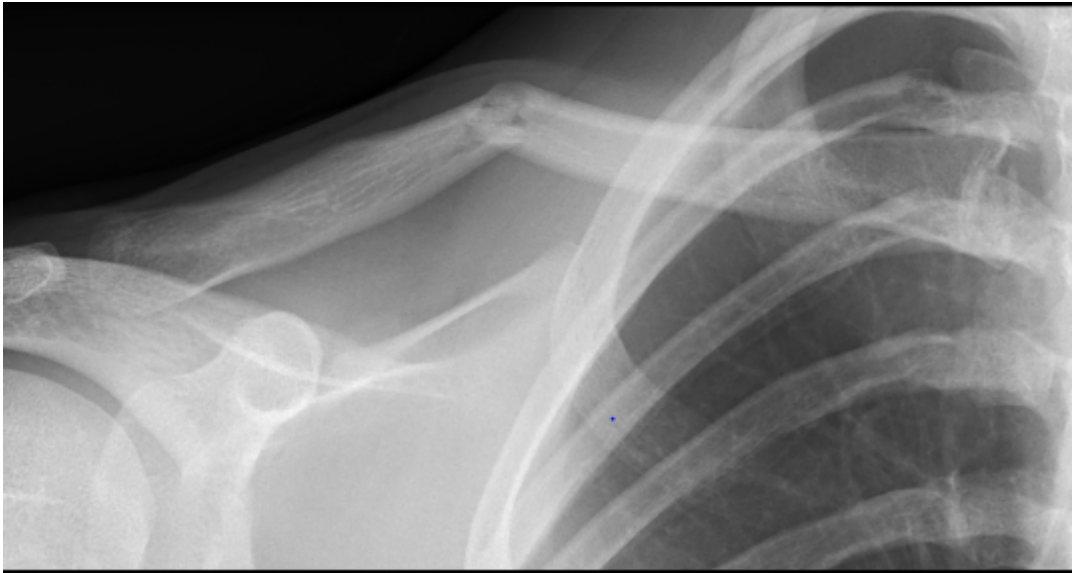
## Patient Information

## Trauma & Orthopaedic Department

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## Introduction

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



## Symptoms

Often very painful; other symptoms can include:

- Swelling or tenderness around the injured area
- Bruising to the skin
- A visible lump at the fracture site.

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 often heal naturally, using a simple sling for support for 2 to 6 weeks. The sling can then be removed, and the arm used as pain allows. Take the arm out of the sling several times a day to straighten the elbow.

- Take simple painkillers e.g. paracetamol for as long as you need to; do not take more than the recommended dose. Your local pharmacist is a useful source for pain relief information.
- Smoking slows down healing. We advise you to stop. Please talk to your General Practitioner (GP) or go online at <https://www.nhs.uk/smokefree>
- It may be more comfortable to sleep sitting upright; this can be done using extra pillows.

# Exercise

Aim to get the shoulder moving as soon as possible. Try raising the arm to the chest height if you can. By week 6 you should be able to reach your hands above your shoulders. Maybe start with the table slides exercise below.

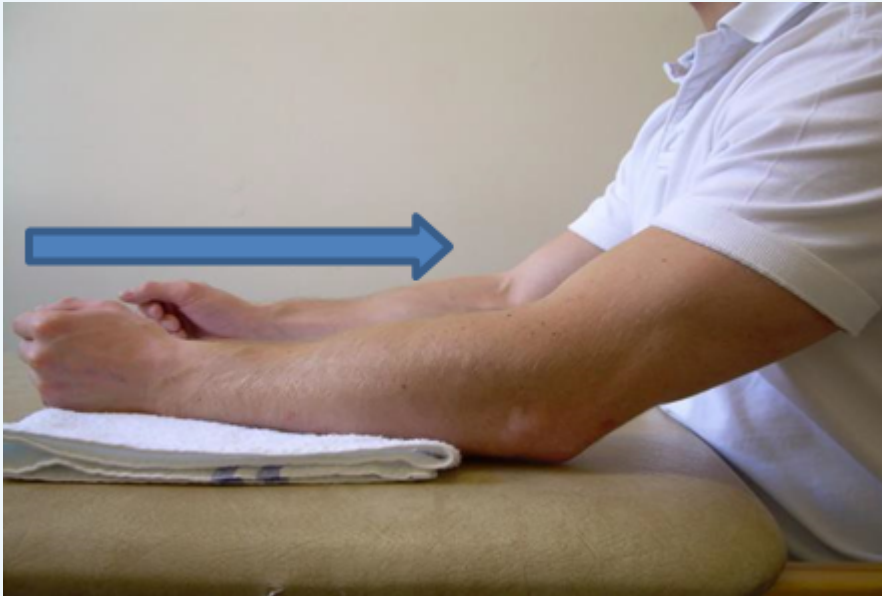
[Table Slides](#)



- Sit at a table when work-top
- Rest your hands with your palms



- Watching you slide the towel with hands
- Only go forward when bow is moving
- Pause.



- Return by sl  
nd hands ba  
ease
- As you feel  
able, as you  
ws back tow  
can lean you  
ards over yo  
will help ther

## 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 and may remain forever.

## Disclaimer

Not all exercises are suitable for everyone, and while every precaution has been taken in selecting these exercises, they do not come without risks. If you have any concerns regarding your injury, or whether you should partake in the exercises, then you should consult your GP or Physiotherapist before beginning any exercises in this leaflet.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and does not have an overall negative effect on your symptoms.

The exercise plans shown in this leaflet are designed to be used as a guide and a point of reference; they can be modified and progressed under the supervision of your Physiotherapist.

## Frequently asked questions

### **Driving**

You must not drive with a sling on. It is your own responsibility to ensure this. You are allowed to drive when:

- You can safely control the car
- You can use the steering wheel/gear stick safely
- You can perform an emergency stop.

### **Work**

This depends on your individual situation. You can return to work when you feel able to do your job. Consider a phased return where needed/possible.

### **Sports**

You should not play sport until you are pain-free and have full movement in your shoulder.

## Further Advice

If you have any concerns regarding your shoulder, contact:

**Fracture Clinic Helpline** 01942 822595 please leave a message with your name, telephone number and a brief description of the reason for call your call, and we will aim to call you back within 24 hours Monday to Friday 8.30am until 5pm (please note it will be Monday if you call over the weekend).

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

## Adult MSK Physiotherapy Self-Referral

If you are struggling to regain your movement or get back to normal activities, you can self-refer to **Physiotherapy**. A referral form can be found on this webpage:

<https://www.wvl.nhs.uk/adult-msk-physiotherapy-self-referral>



**Please scan the QR Code to access the website.**

**Telephone Numbers:**

**Boston House Health Centre Telephone 03007071113**

**Leigh Infirmary Telephone 03007071597 / 03007071595**

**Platt Bridge Health Centre Telephone 03007071772**



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