

Trauma and Orthopaedic Surgery

Clavicle (collarbone) fracture information leaflet

Information

- You/your child has a collar bone fracture
- This type of injury is common and heals well
- The only treatment required for this type of injury is pain relief, a support/sling may help
- If using a support/sling, remember to remove this at night time
- Sleeping with pillows in a more upright position may also help
- After 2 weeks, the arm can be taken out of the support/sling to start movement and exercise of the shoulder
- We expect these fractures to be healed at around 6 weeks after injury



What to expect

- You might notice a “bump” over the collar bone which is normal and part of the healing process
- Contact sports should be avoided for 6 weeks, however swimming and non-contact sports can be restarted sooner
- If there are any concerns or persistent pain after 3 months, then please contact the paediatric orthopaedic team on **024 7696 7030**



Paediatric Orthopaedics

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact 024 7696 7030 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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Published: May 2019
Review: May 2022
Version: 1.1
Reference: HIC/LFT/2327/18