

Trauma and Orthopaedic Surgery

Clavicle (collarbone) fracture information leaflet



Information

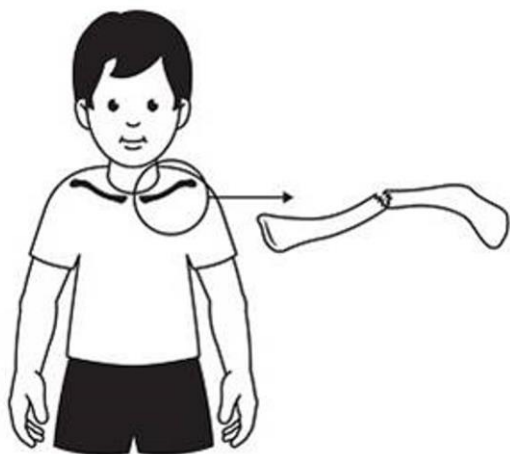
- You/your child has a collar bone fracture
- This type of injury is common and heals well
- The only treatment required for this type of injury is pain relief and a supportive sling for comfort
- If using a support/sling, remember to remove this at night time
- Sleeping with extra pillows in a more 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 around 6 weeks after injury



Patient Information

What to expect

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



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Document History

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