

GP Information Sheet

Fractured Clavicle

Dear Doctor

Your patient has recently been referred to the Ipswich Hospital Fracture clinic.

The patient above has recently been reviewed at the Ipswich Hospital.

Treatment:

This type of fracture is treated with a short period of sling immobilisation followed by gentle range-of-motion (ROM) exercises.

In practice, this means 2 weeks in a broad arm sling followed by early gentle ROM. The patient is **not** to weight bear through the affected side for a minimum of 6 weeks.

The patient should be reviewed at the 6-week mark. If the fracture site is not exquisitely tender, the patient should begin using the limb as tolerated.

Contact sports, heavy lifting and pushing activities should be avoided for a total of 12 weeks.

When to repeat X-Ray:

You should only require 1 additional x-ray at the 12-week mark. If the patient is disproportionately **tender** at the fracture site at the 6-week mark, a repeat x-ray may be required.

Help and Troubleshooting:

We are happy to be contacted should you have any concerns.

For assistance, please call the Ipswich Hospital On-Call Orthopaedic Registrar on (07) 3810 2006