

FRACTURED CLAVICLE (Collar bone)

This information leaflet is designed to provide general information and education on clavicle fractures (collar bone).

If you are ever unsure about the information or advice you have received please either:

- Ask a staff member
- Visit your local GP – your GP can contact the Orthopaedic Virtual Fracture clinic if required
- Contact 13 HEALTH (13 432584)
- Contact Ipswich Hospital Outpatients Department on 3810 1217

General Information

- You have sustained a fracture of the collar bone.
- This is a very common fracture and generally heals very well.
- The pain and tenderness in your shoulder should gradually settle as the healing process occurs.
- Fractures of the clavicle often heal with a lump at the site of the fracture. This is normal.
- It is important to follow advice given in person in addition to this information sheet to promote full recovery.

Management

- Clavicle (collar bone) fractures are managed in a sling.
- You should rest the limb for 2 weeks. After this, you should start **gentle** range-of-motion.
- You must not weight-bear through the limb for a minimum of **6 weeks**. This including pushing, lifting and pulling. You can wean yourself out of your sling as tolerated.
- After 6 weeks, if your GP is happy with your progress, you can use the limb to do day-to-day activities. Heavy activities such as lawn mowing should be avoided for a total of **12 weeks**.
- You should have an x-ray with your GP **12 weeks** post fracture.

Pain Relief

- Paracetamol and/or ibuprofen are excellent pain relief medications.
- They **must** always be taken as per dosage instructions on the packet or as advised by your pharmacist.
- **Do not** take medications which you may be allergic to or your GP has told you not to take.
- If you have any concerns or questions about your pain relief medications, please contact your local pharmacist, GP or call 13 HEALTH (13 432584)

Worries/Concerns

If at any point you are concerned, please contact:

- Your local GP
- Phone: 13 HEALTH (13 432584) – Available after hours
- Contact Ipswich Hospital Outpatients Department on 3810 1217