
Patient Information

Fractured Clavicles

Information for patients treated in a sling, or surgery

The following guide is designed to give you advice following a fracture / surgery to your collar bone, and to provide you with early advice and exercises to help you recover.

Using your arm

We encourage you to start using your arm as soon as possible, particularly your hand and elbow, within the limits of pain. This may be sore in the early stages, however as pain and swelling begins to settle, you will be able to do more daily activities.

The following timeline will give you a guide on return to specific activities:

- Lifting heavy objects: 6 weeks.
- Driving: When you feel safe (this will be longer for left sided clavicle fractures)
- Contact sport: 8-12 weeks (you will be guided by your physiotherapist.)

Pain and swelling management

It is normal to have swelling and bruising. You can manage this by taking regular pain relief, and using ice. Ice should be applied 3-4 times a day, for approximately 20 minutes. Please ensure you wrap the ice in a damp towel or cloth and place on your collar bone and front of your chest. Please note: if you have any heart problems, do not place the ice on the left shoulder / collar bone.

Your Doctor or pharmacist will be able to give you advice on appropriate pain relief.

Exercising your arm

We encourage you to start moving and exercising your arm gently from day 1.

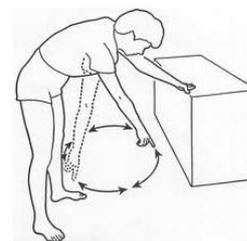
Your arm will be supported in a collar and cuff; which should be worn throughout the day. You may remove this for personal care and gentle exercises. At night, if comfortable, you may remove the sling. We suggest sleeping on your back, with your arm supported on a pillow on your stomach.

You will be sent an appointment for further physiotherapy, to help progress your movement and strength if needed.

The exercises:

You should start the exercises slowly, and build up the frequency and repetitions gradually. We suggest carrying out the exercises 3-4 times a day, as your pain allows. Little and often is the key!

1- Place your unaffected arm on a solid surface to help your balance. Let your fractured arm hang down towards the ground. Gently draw circles with your arm. Repeat in both directions.



2- In the same position as exercise 1, gently move your body back and forth. Use the momentum of your body to gently swing your arm.



3- Ensure you move your wrist backwards and forward to prevent it from becoming stiff.



4- Ensure you practice straightening and bending your elbow to prevent it from becoming stiff.



5- Practice bringing your shoulder blades back and down. Imagine you are trying to hold a pencil between your shoulder blades.



Contact details

Therapy Services Department: 01202 442121

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

The Health Information Centre
Poole Hospital NHS Foundation Trust
Longfleet Road
Poole
Dorset
BH15 2JB
Telephone: 01202 448003

Author: Therapy Services and Hannah Marchant
Date: January 2017
Review Date: January 2020
Version Number: 1
Ward sister/HOD: Hilary Hall



We can supply this information in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499 or the Health Information Centre on 01202 448003 for further advice.