

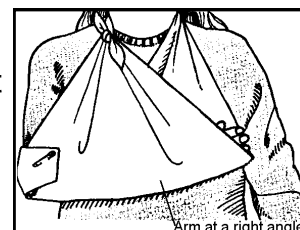
Fractured Clavicle (collar bone)

Patient information - Orthopaedic Outpatient and Physiotherapy Departments



This is a common injury that usually occurs with a fall onto the shoulder or arm and is treated with a broad arm sling.

The sling should be kept at a right angle – so that the fracture (break) heals in the best position.



Initially, wear the sling under your clothes to help protect your arm. As it becomes more comfortable, wear the sling on top of your clothes.

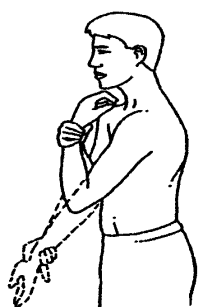
Do not forget to keep your hand, wrist and elbow moving to avoid stiffness.

As the pain lessens, do gentle shoulder exercises as well.

Exercises for your Shoulder

Any questions should be directed towards your physiotherapist, doctor or orthopaedic nurse.

The exercises may produce some discomfort but should not be painful. They are a guide for the initial phase of your rehabilitation. Your physiotherapist may advise you of other exercises you need to do in addition to these.

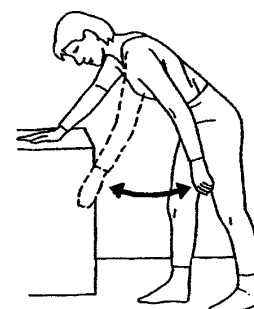


1) Hand

Clench and release fist 10 times hourly to reduce the swelling.

2) Elbow Flexion & Extension

Take your arm out of the sling. Slowly bend and straighten the elbow as much as possible



3) Pendular Exercise

Stand beside table, bench, etc. and lean on unaffected arm bending forward slightly at the hips.

Let your affected arm hang with elbow straight. Swing your arm gently forward and backwards (like a clock's pendulum).

Swing your arm in circles, like stirring a pot (do it in both directions).



Do Exercises 2) and 3) 4 - 5 times a day. Aim to do 10 repetitions of each exercise.

Sleeping propped up with pillows will be more comfortable initially and will prevent you from rolling on the affected side.

Sometimes ice over the fracture site of your collarbone, in the first 24-48 hours, will help lessen the pain and swelling.

Refer to the Soft Tissue Injury Patient Information pamphlet.

Panadeine or Panadol taken regularly are the best pain relievers.

Take no more than 8 tablets in 24 hours.

Avoid anti-inflammatories as they are thought to slow down bone healing.

We will see you about 2 weeks from the time of injury to check the movement in your shoulder.

If you still require support for your shoulder, we will give you a collar and cuff sling.

X-rays will be taken 6 weeks from injury to check on healing of the fracture if you had a displaced fracture.

Check with the doctor about when you can participate in contact activities again.

Orthopaedic Outpatients Department

Christchurch Hospital

Telephone: (03) 364 0800

Physiotherapy Department

Christchurch Hospital

Telephone: (03) 364 0680

For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz