

Clavicle Fracture (Adults)

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Information for Patients

This is a follow-up leaflet to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and a Physiotherapist.

You have sustained a fracture to your clavicle (collar bone).

This normally takes between six to twelve weeks to heal.

During this period, it is important that you follow the rehabilitation plan on the following page. Following your rehabilitation plan will help to prevent further injury and help to improve your function. Completing the exercises is important to prevent your shoulder from becoming stiff. It is advisable to take your pain killers as prescribed to enable you to do this. Please keep your sling on for the first two weeks to allow the soft tissues to settle. You may find it more comfortable to sleep propped up with pillows.

You can return to driving once your sling has been removed and you feel confident in safely controlling your vehicle.

If you are worried that you are unable to follow this rehabilitation plan, are experiencing pain or symptoms other than at the site of the original injury or surrounding area, or have any questions, then please contact us for advice using the contact details on the back of this booklet.

Please see the picture below to understand where this injury is.



Smoking cessation

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

Management / Rehabilitation Plan

Weeks since Injury	Rehabilitation Plan
0-3	<ul style="list-style-type: none">• Wear the sling during the day for the first 2 weeks apart from when completing exercises or for personal hygiene. You can choose whether or not to wear it at night.• Start Stage 1 Exercises.• Do not lift elbow above shoulder height.
2-6	<ul style="list-style-type: none">• Discontinue use of sling if you have not already done this.• Move on to Stage 2 Exercises to improve your movement.• Avoid heavy lifting.
6-12	<ul style="list-style-type: none">• Fracture should be largely united (healed).• Gradually resume normal activities as pain allows.• Start to lift your elbow & hand above your head.• Heavier or more strenuous tasks may still be difficult and cause discomfort at this stage.
12+	<ul style="list-style-type: none">• Symptoms will continue to improve over the next few months.• If you are still experiencing significant pain and / or stiffness please contact us for further advice / management.

Exercises

Stage 1 Exercises (3-4 times a day)

Elbow bend & straighten

Bend and straighten the elbow of your injured arm so you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.



Forearm rotations

Rest the elbow of your injured arm by your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.



Wrist flexion and extension

Move your wrist up and down.

Repeat 10 times 10 times.



Exercises continued on following page

Exercises

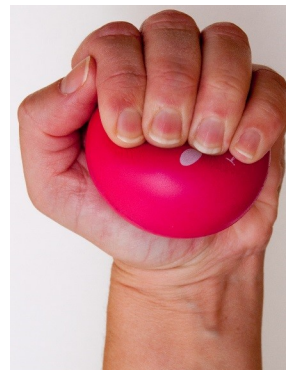
Stage 1 Exercises continued (3-4 times a day)

Finger flexion and extension

Open and close your hand of your injured arm as shown 10 times.

After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain. Hold for five seconds.

Repeat 10 times.



Postural awareness

Bring your shoulders back and squeeze your shoulder blades together as shown in the picture. Do this with or without your sling on.

Hold the position for 20-30 seconds.

Repeat 5 times.



Shoulder pendulum exercises

Stand and lean forwards supporting yourself with the other hand. Try to relax your injured arm and let it hang down.

1. Swing your arm slowly and gently, forwards and backwards.
2. Swing your arm slowly and gently, side to side.
3. Swing your arm slowly and gently, in circles clockwise.

Continue for approximately one to two minutes in total.



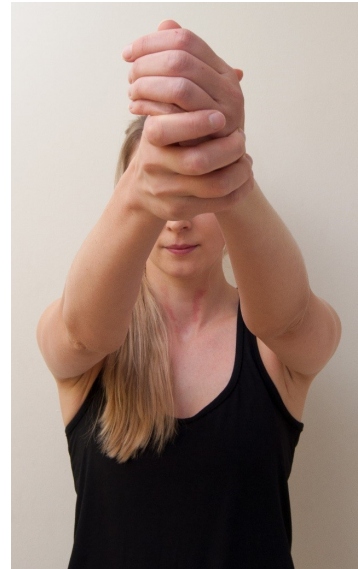
Exercises

Stage 2 Exercises (3-4 times a day)

Active assisted shoulder flexion

Use your other hand to lift your injured arm up in front of you as shown in the pictures.

Repeat 10 times.



Active assisted external rotation

Keep the elbow of your injured arm tucked into your side and your elbow bent. Hold onto a stick/umbrella/golf club or similar. Use your unaffected arm to push your injured hand outwards. Remember to keep your elbow tucked in. Push until you feel a stretch.

If you don't have a stick you could simply hold the injured arm at the wrist and guide it outwards.

Hold for five seconds then return to the starting position.

Repeat 10 times.



Contact Information

Fracture Clinic: 0151 430 4905
(9am-5pm Mon-Fri)
Emergency Department:
0151 430 2399

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
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