

Clavicle Fracture (Children)

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.

Author: Physiotherapist
Department: Therapy
Document Number: STHK1105
Version: 2
Review date: 01/02/2023

Information for Patients & Parents / Guardians

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

Your child has sustained a fracture to their clavicle (collar bone).

This is a common injury in children and normally takes between six to twelve weeks to heal and is usually painful for four to six weeks. This type of fracture usually heals well; the only treatments required are painkillers, a sling and the exercises on the following pages.

During this healing period, it is important that your child follows the rehabilitation plan on the following page. Following the rehabilitation plan will help to prevent further injury and help to improve your child's function and use of their arm. Completing the exercises is important to prevent their shoulder from becoming stiff.

Please keep the sling provided on for the first two weeks to allow the soft tissues to settle. After this your child can begin to stop using the sling. Your child may find it more comfortable to sleep propped up with pillows for the first few days.

If you are worried that your child is unable to follow the rehabilitation plan, they are experiencing pain or symptoms other than at the site of the original injury or surrounding area, still has pain after twelve weeks, they have not regained their full range of movement after twelve weeks or if you 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. The bump over the fracture is normal and it may take up to a year to disappear. If your child is aged 10 or over a bump may permanently remain.



Management / Rehabilitation Plan

Weeks since Injury	Rehabilitation Plan
0-2	<ul style="list-style-type: none">• Wear the sling during the day apart from when completing exercises or for personal hygiene.• Start Stage 1 Exercises.• Do not lift elbow above shoulder height.
3-6	<ul style="list-style-type: none">• Discontinue use of sling.• Begin normal light activities with the arm and shoulder and gradually increase these as pain allows.
6-12	<ul style="list-style-type: none">• Fracture should be largely united (healed).• Gradually resume normal activities as pain allows.• Heavier or more strenuous tasks may still be difficult and cause discomfort at this stage.• If your child is still experiencing significant pain and stiffness then please contact us for further advice using the contact details on the back of this booklet.

Exercises

Stage 1 Exercises (3-4 times a day)

Elbow bend & straighten

Your child should bend and straighten the elbow of their injured arm so that they feel a mild to moderate stretch. They can use their other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.



Forearm rotations

Your child should rest the elbow of their injured arm by their side. Bend it to 90 degrees. They should then slowly rotate their palm to face up and then down until a mild to moderate stretch is felt. They can use their other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.



Finger and wrist flexion and extension

Your child should move their wrist up and down.

Repeat 10 times.



Exercises continued on following page

Exercises

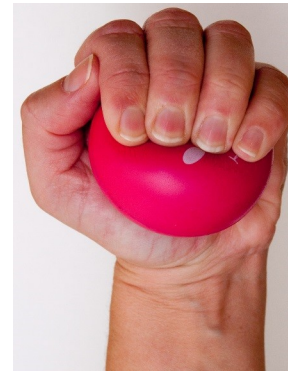
Stage 1 Exercises Continued (3-4 times a day)

Finger flexion and extension

Your child should open and close the hand of their injured arm as shown 10 times.

After a few days, they should hold a soft ball/ball of socks and squeeze it as hard as possible without pain. Hold for five seconds.

Repeat 10 times.



Postural awareness

Your child should bring their shoulders back and squeeze their shoulder blades together as shown in the picture. Do this with or without the sling on. Hold the position for 20-30 seconds.

Repeat 5 times.

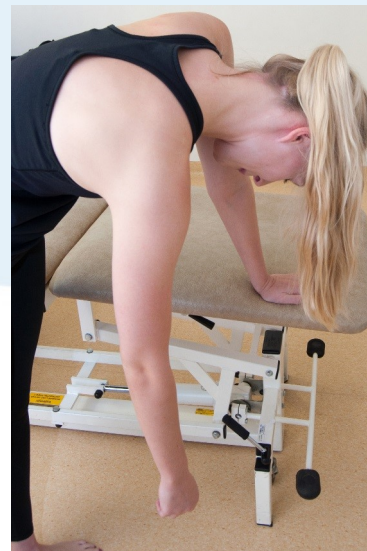


Shoulder pendulum exercises

Your child should stand and lean forwards supporting themselves with the other hand. They should try to relax their injured arm and let it hang down.

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

Continue for approximately one to two minutes in total.



Contact Information

Should you have any worries or concerns following discharge from hospital, please contact either:

Fracture Clinic: 0151 430 4905
(9 am-5pm Monday to Friday)

Emergency Department:
0151 430 2399

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk