



Midlands  
Orthopaedic Centre

# Fracture Clinic

Advice following a broken collar bone

Patient Information Leaflet



The Dudley Group  
NHS Foundation Trust

## Introduction

Your child has fractured their clavicle which means they have broken the collar bone in their shoulder (see figure 1). This type of fracture is common in children.

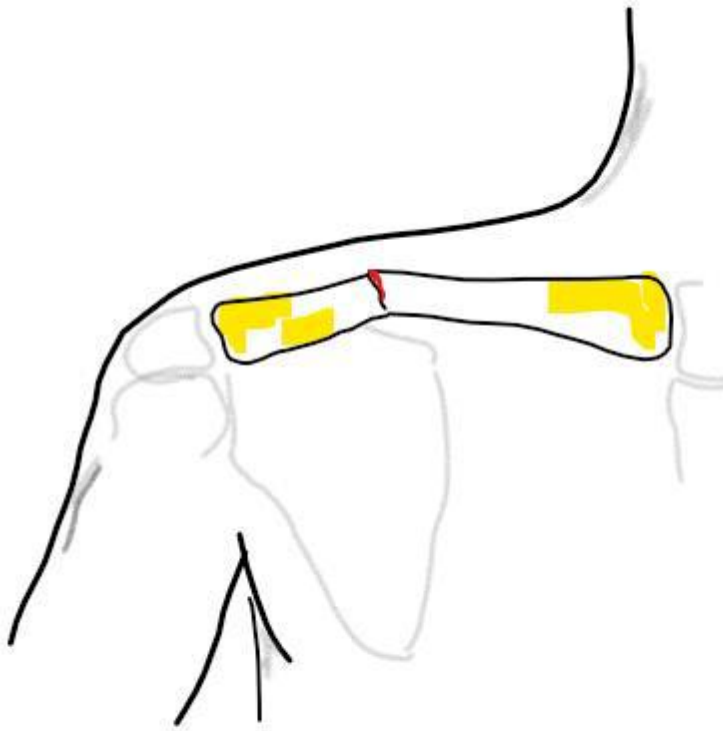


Figure 1 shows where the break is in your child's shoulder

### What is the treatment?

This type of fracture heals well – the only treatments required are painkillers and a sling.

### What should I do at home?

- We would expect the collar bone to be painful for four to six weeks.
- Your child may find it more comfortable to sleep sitting upright for a few days after the injury. The sling can be removed at night with a pillow placed under the arm for support.
- Your child can move their shoulder and arm out of the sling as comfort allows. This will usually be about two weeks after the injury but can be sooner, if comfortable

- The 'bump' over the fracture is quite normal and is produced by healing bone. It may take up to one year to disappear. If your child is older than 10 years, a small bump may remain.
- Your child can return to sports such as swimming as soon as comfortable but should avoid contact sports (such as football, rugby and basketball) for six weeks.
- If your child is still experiencing significant problems after three months, please phone the Fracture Clinic for further advice on 01384 456111 ext. 2220.

**If you have any worries or concerns, or need to ask about returning to work or sport, please contact one of the following:**

- Virtual Fracture Clinic helpline on ext. 3547 (9am to 5pm, Monday to Friday)  
Or email [dgft.vfc.dudley@nhs.net](mailto:dgft.vfc.dudley@nhs.net)
- Fracture Clinic on 01384 456111 ext. 2220 (9am to 5pm, Monday to Friday)
- Emergency Department on 01384 456111 ext. 2300

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔