

This is a follow-up letter to your recent telephone consultation with the Fracture Care Team explaining the ongoing management of your injury. Your child's case has been reviewed by an Orthopaedic Consultant (bone specialist).

**Your child has fractured their clavicle (collar bone). Children's bones bend more than adults and this type of break is also known as a greenstick fracture.**



**Healing:**

This normally takes approximately four to six weeks to heal. Encourage your child to use the sling for the first 2- 4 weeks to allow the soft tissues to settle. As the bone heals, you may notice or feel that your child has a smooth lump over their collarbone – this is normal.

**Pain:** Give them pain killers if needed (always read the label; do not exceed the recommended dose). They may find it more comfortable to sleep propped up with pillows.

**Using your arm:** They may use their arm as outlined in the table on the next page. It is important to keep the shoulder moving to prevent stiffness but not to aggravate it.

**Follow up:** We do not routinely follow up patients with this type of injury. If after 4-5 weeks they are not close to achieving full shoulder movement or are not using the arm as normal, please contact us using the details above.

### Advice for a new injury

**Cold packs:** A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief. Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

If you have any questions, please phone the Fracture Care Team for advice. If your child is experiencing pain and symptoms anywhere else as a result of this injury, other than at the site of the original injury or surrounding area, please also get in touch using the telephone or email details at the top of this letter.

### Please follow the plan below:

Weeks since injury	Plan for your child
0-4	<ul style="list-style-type: none"> <li>✓ Your child should wear the sling during the day except for exercises and during personal hygiene</li> <li>✓ It is your child's choice if they wish to wear it at night</li> <li>✓ Encourage them to use their arm as long as it is comfortable</li> <li>✗ Initially movements above shoulder height are likely to be painful</li> </ul>
4-6	<ul style="list-style-type: none"> <li>✓ Begin normal light activities including movements above shoulder height</li> <li>✗ Try not to use the sling</li> <li>✗ Avoid PE/games</li> </ul>
6 -8	<ul style="list-style-type: none"> <li>✓ The injury should be largely healed.</li> <li>✓ Your child can resume normal activity but should be guided by any pain they are experiencing.</li> <li>✓ They should have full shoulder movements.</li> <li>✓ Return to PE/games</li> </ul>