Clavicle Fractures (Non-Displaced)

Fact Sheet

Information contained in this fact sheet is a guideline for care only. Please consult with your doctor or health professional to make sure that this information is right for you.

Your fracture

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

Your fracture has been assessed as a simple, non-displaced fracture which does not require specialist orthopaedic care. You will likely make a good recovery.

Treatment

For simple clavicle fractures you will be placed in a sling or “collar and cuff” for approximately 3 – 6 weeks.

Make a plan with your GP or treating clinician to have an X-ray between 6 and 12 weeks to ensure your fracture has healed.

Healing Timeframe

- A simple clavicle fracture usually heals very well, but may be painful for 4 – 6 weeks
- You will experience gradual return of your arm’s range of movement. Within 6 weeks you should be able to lift your arm to shoulder height; however it may take 3 months to be able to lift your arm above shoulder height and over your head.
- If after 6 – 8 weeks your pain has worsened or you have difficulty moving your shoulder/arm, please see your GP for advice.

Getting Back to Normal

- You may find it more comfortable to sleep sitting upright for 2 – 3 days following the injury.
- You can remove the sling as pain allows, usually 3 – 6 weeks after the injury but sooner if comfortable
- Make sure to keep your unaffected joints, such as your wrist, hand and fingers, moving freely
- Gradually resume daily activities as pain allows. It can be difficult to work with your arms above shoulder height e.g. hanging washing on line
- A “bump” may form over the injury site. This might disappear after weeks or months, but in some cases, a small bump might be a permanent feature. This won’t affect your function nor require any treatment.

Pain Relief and Comfort

Regular pain relief such as paracetamol can be used.

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<thead>
<tr>
<th>When can I…?</th>
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<tbody>
<tr>
<td>Play sport</td>
<td>After 12 weeks</td>
</tr>
<tr>
<td>Lift heavy items</td>
<td>As pain allows</td>
</tr>
<tr>
<td>Return to work</td>
<td>Consult your doctor</td>
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<tr>
<td>Drive</td>
<td>Consult your doctor</td>
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The above timeframes are a guide only and do not apply to all clavicle fractures.

Worries or concerns

For any immediate concerns or questions regarding your injury please contact:

- Your General Practitioner (GP). They are able to speak directly to an Orthopaedic team at Redcliffe Hospital or Royal Brisbane and Women’s Hospital if required.
- 13 HEALTH (13 43 25 84) for health advice, triage and referral from a registered nurse 24 hours a day, 7 days a week and at the cost of a local call. 13 HEALTH provides access to interpreting services for callers not confident with English.

In a medical emergency go to the nearest hospital emergency department or call an ambulance (dial 000).