

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.

When can I...?

Play sport	After 12 weeks
Lift heavy items	As pain allows
Return to work	Consult your doctor
Drive	Consult your doctor

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).

