



You have a

Clavicle Fracture

This is a break to your collar bone.

About your injury:

Your fracture may require surgery. We have referred you to the surgical team for an opinion.

Healing:

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to www.smokefree.nhs.uk for more information.

Pain and Swelling

Your shoulder may be swollen and you will have some pain. Taking pain medication and using ice or cold packs will help. More information is on the next page.

You can use an ice pack or bag of frozen peas wrapped in a damp towel. Put this on your shoulder for 15 minutes every few hours. Make sure the ice isn't in direct contact with your skin.

Using your arm:

Use your sling for up to three weeks. You can take it off to wash, dress and do your exercises. It does not need to be worn at night.

It is important to start gentle exercises straight away to prevent stiffness. You will find pictures and instructions for your exercises below.

Any questions:

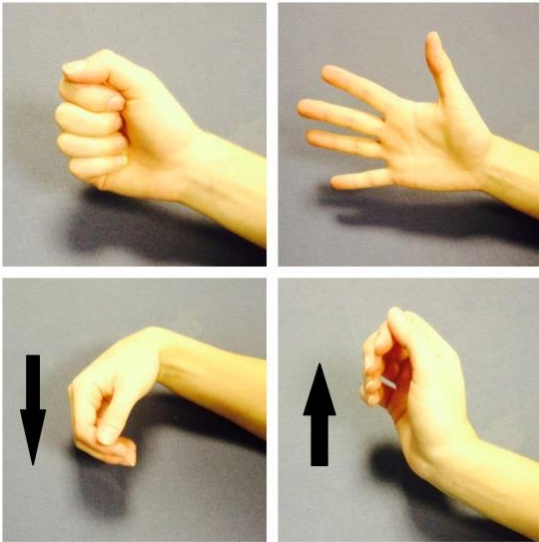
If you are concerned about your symptoms, are unable to follow this rehabilitation plan or notice pain other than at your shoulder, please contact the Virtual Fracture Clinic.



Exercises

Start these exercises straight away. Try to do these exercises four to five times a day. Repeat each exercise 10 times.

Hand, wrist and elbow exercises:



3. Open and close your hand. Next, move your wrist up and down. Repeat 10 times
4. After a few days, hold a soft ball or rolled up socks. Squeeze the ball and hold for five seconds. Repeat five times.



1. Bend and straighten your elbow. Repeat 10 times.
2. Bend your elbow to a right angle. Slowly turn your palm up to the ceiling and down to the ground. Repeat 10 times.

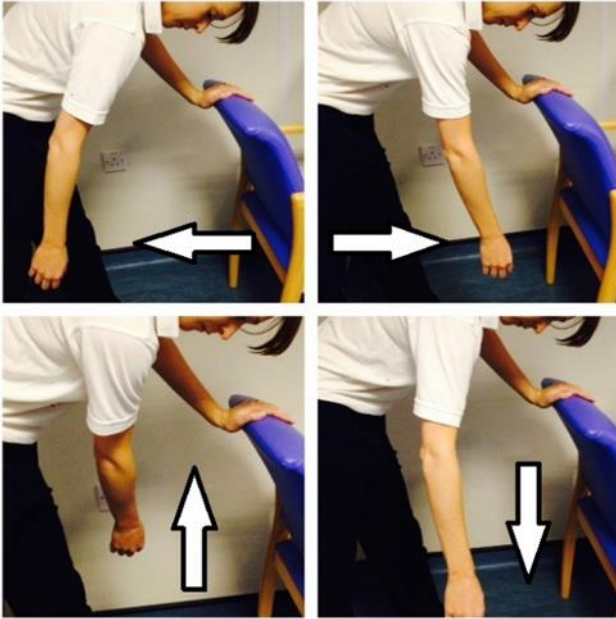
Posture Exercise:



Bring your shoulders back and gently squeeze your shoulder blades together. Hold for 20-30 seconds. Repeat five times.



Shoulder Pendulum Exercise:



Stand next to a firm surface. Support yourself with your un-injured arm and lean forwards. Let your injured arm relax and hang down to the ground.

Gently swing your arm, making a small movement. Try to do this forward and backward, side to side and in small circles.

Aim to do this for one to two minutes in total. You do not need to push into pain. Remember to keep your arm relaxed.

Frequently Asked Questions

I'm concerned about my symptoms. What do I do?

Please contact the Virtual Fracture Clinic.

I am struggling with my sling. What do I do?

Contact the Virtual Fracture Clinic. We can give advice or change your sling if needed.

How can I get a certificate for work?

You can get a fitness for work statement from your GP.

How do I contact the Virtual Fracture Clinic?

Call 020 7288 3310

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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