

Fractured clavicle (collarbone)

This is a common injury that usually occurs with a fall onto the shoulder or arm and is treated with a broad arm sling.

The sling should be kept at a right angle so fracture (break) heals in the best position.

Initially, wear the sling under your clothes to help protect your arm. As it becomes more comfortable, wear the sling on top of your clothes.

Do not forget to keep your hand, wrist and elbow moving to avoid stiffness. As the pain lessens, do gentle shoulder exercises as well.

Exercises for your Shoulder

Any questions should be directed towards your physiotherapist, doctor or orthopaedic nurse. The exercises may produce some discomfort but should not be painful. They are a guide for the initial phase of your rehabilitation. Your physiotherapist may advise you of other exercises you need to do in addition to these.

Do these exercises four to five times a day.

1. **Hand:** Clench and release fist 10 times hourly to reduce the swelling.
2. **Elbow flexion and extension:** Take your arm out of the sling. Slowly bend and straighten the elbow as much as possible.



3. Pendular Exercise

Stand beside a table, bench etc and lean on unaffected arm bending forward slightly at the hips. Let your affected arm hang with elbow straight. Swing your arm gently forward and backwards (like a clock's pendulum).



Swing your arms in circles, like stirring a pot. Do it in both directions. Start with small circles increasing in size, as comfort allows.



Sleeping propped up with pillows will be more comfortable initially and prevent you from rolling on the affected side.

Sometimes ice over the fracture site of your collarbone, in the first 24-48 hours, will help lessen the pain and swelling.

Panadeine or Panadol taken regularly are the best pain relief, but no more than eight tablets in 24 hours.

At your first follow up visit, if you still require support for your shoulder, we will give you a collar and cuff sling.

Check with the doctor when you can participate in contact activities again.

Should you require medical assistance at any time, contact the 24 Hour Surgery:
Phone 365-7777, 401 Madras Street.

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**24 Hour Surgery
401 Madras Street**

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