

Clavicle Fracture

You have a fracture (break) of your clavicle (collar bone). Broken bones hurt. Most of the time this break will heal in 6-8 weeks but surgery is sometimes needed. We will take x-rays in 2 weeks to see the position of the break and again in 6 weeks to check the healing.

- Ice, rest, use the sling or figure-of-eight harness, and take your pain medication as needed.
- The pain should begin to go away over the next few days.
- You can expect to have bruising and swelling at the site of the injury as well as onto your chest and upper arm.

Use the sling or figure-of-eight harness to secure the break. It is okay to use your hand in front of your body as long as you are not in pain. Do not lift, push, or pull more than one pound.

The figure-of-eight harness or sling is used to hold the break in a position to heal. You may feel the bones moving for several weeks. Begin pendulum exercises after a couple of weeks to avoid shoulder stiffness:

1. While using your good arm for support on a table or counter top, bend at the waist and let the broken arm hang.
2. Swing the arm front to back as well as side to side like a grandfather clock. Do the swings to increase the shoulder movement.

Expect to have limited movement and use for 6-8 weeks. Expect being unable to work fully for up to 3 months depending on the demands of your work. If your job allows, you should be able to work with restrictions once your pain is under control generally 1-2 weeks from your injury.