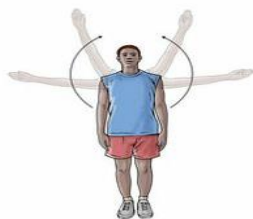


Broken Collarbone Rehabilitation Exercises



Shoulder flexion



Shoulder abduction



Horizontal shoulder abduction



Shoulder extension



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Derbyshire Community
Health Services
NHS Foundation Trust



URGENT TREATMENT CENTRE ADVICE SHEET



CLAVICLE FRACTURE (ADULT)

Buxton Hospital (SK17 9NJ)

Ilkeston Hospital (DE7 8LN)

Ripley Hospital (DE5 3HE)

Whitworth Hospital (DE4 2JD)

Clavicle fracture



You have a fractured clavicle (collar bone). This is a very common injury.

Most broken collarbones will heal well, but surgery may be indicated if the break in the collarbone is comminuted (broken into many pieces), severely displaced (moved out of alignment), or if healing is not progressing as expected.

A simple arm sling can usually be used to immobilise the arm. For an adult it may be necessary to wear a sling for 6 to 8 weeks. Simple pain relief such as paracetamol and ibuprofen is recommended.

A lump may develop as part of the healing process. This usually disappears over time, but a small bump may always remain.

It is important to start to exercise your arm as soon as possible. By exercising and regaining normal movements, the stiffness and pain will gradually ease. You may find the elbow joint is stiff too, so keep it moving if it is not injured. However, you should not return to sports activities for at least 8 weeks and until full shoulder strength returns.

The exercises will be most effective if practiced regularly. We suggest doing the exercises 3-6 times a day. It is better to repeat the exercises little and often, rather than once a day for a longer period.

Physiotherapy is not always required after this injury; however, the nurse practitioner can refer you or you can self-refer should it be felt to be beneficial.

If you are still experiencing significant symptoms after several months, please telephone the Urgent Treatment Centre for further advice.