

Clavicle Fracture in a Child

Patient Information

Trauma & Orthopaedic Department



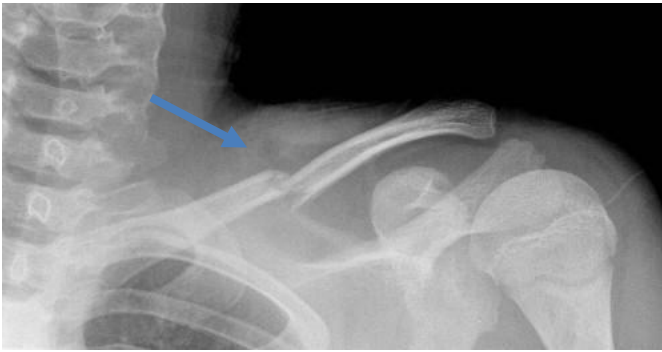
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Introduction

A fractured clavicle (broken collarbone) is a common injury. This fracture usually takes around 3 to 6 weeks to heal.



Symptoms

Often very painful; other symptoms can include:

- Swelling or tenderness around the injured area
- Bruising to the skin

The shoulder may appear slumped. This is due to the broken collarbone no longer providing support to the weight of the arm.

Recovery

Collarbone breaks heal naturally, using a simple sling for support for 2 to 3 weeks. The sling can be removed, and the arm used as pain allows. Take the arm out of the sling several times a day to straighten the elbow.

Regular pain relief is advisable e.g. paracetamol.

It may be more comfortable to sleep sitting upright; this can be done using extra pillows.

Return to sports such as swimming may be suitable at 3-4 weeks if pain allows, but avoid contact sports e.g. football, rugby, and basketball for a period of 6 weeks.

Things to expect

During the healing process, the body forms new bone (callus) around the fracture site. A lump/bump may develop over the collarbone. Please do not be alarmed, this is a normal part of the healing process. It may take up to one year for the lump/bump to disappear; however if the child is over ten years old, a small bump may remain.

Aftercare

No routine follow-up or X-ray is required.

For more information online, please visit <https://www.wvl.nhs.uk/virtual-fracture-clinic> If your child is still experiencing significant symptoms or shoulder stiffness after 6 weeks, please contact:

Fracture Clinic: 01942 822595 Monday to Friday 8.30am until 5pm.

If you have any urgent concerns out of hours, please call 111.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



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