



### WHAT IS A CLAVICLE FRACTURE?

It is a break of the collar bone.

### HOW LONG WILL IT TAKE TO RECOVER?

This type of injury is common in children. The only treatment that is required are painkillers and a sling. Your child will likely experience pain around the collar bone for 4 to 6 weeks. A bump over the site of the fracture is normal, as it indicates the bone is healing. It can take up to a year for the bump to disappear. However, in children over the age of 10 the bump may remain.

### SLING INSTRUCTIONS

The Doctor may advise your child to wear a sling for a short period of time to support their injured arm. The sling is designed to allow the injured arm to rest in a comfortable position. You can remove it when resting, exercising and bathing.

### HOW TO PUT ON A SLING

1. Place your child's forearm in the material pocket, making sure that their elbow rests at the back of the pocket (elbow should rest at a 90 degree angle).
2. Place the neck strap around the back of your child's neck, looping it through the ring on the material pocket near the top of their wrist, pulling the strap back towards their chest and attaching it to the Velcro. The neck strap should be tight enough so that your child's elbow rests at a 90 degree angle.
3. Loop the back strap around your child's back, through the ring on the bottom of the material pocket near their pinky finger, attaching it to the Velcro once looped through the ring.

STEP 1 →



STEP 2 →



STEP 3 →



FINAL →



TIME SINCE INJURY

### OPTIMAL RECOVERY PLAN

0-72 HOURS

- Your child should rest their arm in the sling for comfort. See instructions below regarding how to put on the sling.
- Have your child take their arm out of the sling and move their shoulder/arm, as tolerated. Start exercises 1-3 on the next page.
- Apply ice to your child's injured area for up to 10-15min, every 3-4hrs. Allow their skin temperature to return to normal before reapplication of ice. Protect your child's skin by wrapping an ice pack or frozen peas in a damp towel to ensure the ice is never in direct contact with their skin.
- Your child may find it more comfortable to sleep sitting upright.
- Follow pain relief advice given by the Doctor you saw in the hospital, or consult your child's Pharmacist or Family Physician.

0-2/3 WEEKS

- Have your child stop wearing the sling, as they feel comfortable.
- Your child should continue with the exercises prescribed.

4-6 WEEKS

- Start shoulder flexion (see exercise 4). You may need to help your child complete this exercise.

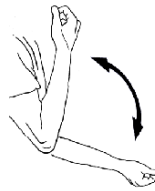
# HOME EXERCISE PROGRAM

Early movement of the arm is important to prevent stiffness. Please note, the number of times your child needs to perform each exercise is included as a guide only. If your child experiences a significant amount of pain while doing a certain exercise then they should reduce the number of times they do that exercise, and gradually increase the amount during their recovery.

## UPPER EXTREMITY RANGE OF MOTION EXERCISES

Repeat each exercise 10 times, 3 times a day.

1. Bend and straighten the elbow.



2. Position the elbow at a 90 degree angle and keep your elbow at your side. Turn the palm of your hand back and forth so that it faces up and then down.



3. Squeeze your shoulder blades together. Hold for 5 to 10 seconds.



4. Use your non-injured hand to lift your injured arm up in front of you (refer to the picture). You may need to assist your child with this.



For further advice and recommendations on exercises, please consult a Physiotherapist in your community. If your child need a referral for Physiotherapy, please ask their Family Physician.

### Return to Sport

Your child should avoid full or limited contact sports such as football, hockey, soccer or basketball for 10 weeks. Your child may resume non-contact sports such as swimming after 6 weeks. If they feel unable to resume sport within this timeframe, it is recommended that they see a Physiotherapist in your community to help facilitate their return to sport.