

## Fractured child's clavicle

### Information for patients

#### Outpatient Fracture Care Team: Shared care plan

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This is a follow-up letter to your recent telephone consultation with the Fracture Care Team explaining the ongoing management of your child's injury. This injury is common in children. Their case has been reviewed by an Orthopaedic Consultant (bone specialist) and Fracture Care Extended Scope Physiotherapist.

**Your child has sustained a fracture to their clavicle (collar bone).** This normally takes between six to twelve weeks to heal and is usually painful for four to six weeks. This type of fracture heals well with the only treatments required being painkillers and a sling.

Your child may use the arm in the meantime as explained in this rehabilitation plan; it is important to keep the shoulder moving to prevent stiffness but not to aggravate it. Please keep the sling provided on for the first two weeks to allow the soft tissues to settle. After this your child can begin to stop using the sling.

You child may find it more comfortable to sleep propped up with pillows for the first few days. If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice.

**Please see the picture below to understand where this injury is.**



The bump over the fracture is normal and may take up to a year to disappear. If your child is aged 10 or over a bump may remain permanently.

This type of injury is not routinely followed up because it heals very well on its own. If your child is still experiencing pain or has not regained their full range of movement then please get in touch using the telephone or email details at the top of this letter.

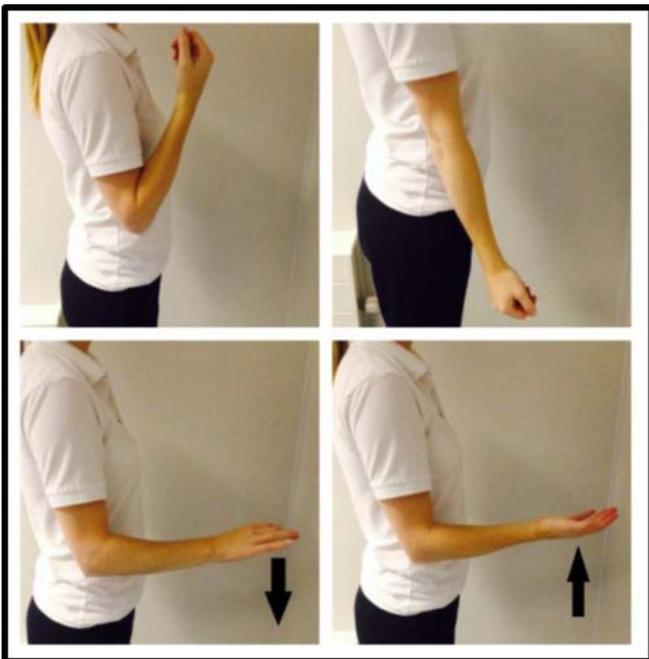
**Please follow the management/rehabilitation plan shown below:**

<b>Weeks since injury</b>	<b>Rehabilitation plan</b>
0-2	Your child should wear the sling during the day except for exercises and personal hygiene. Your child can choose whether to wear it at night. Your child should start the 'Initial exercises'; they should not lift their elbow above shoulder height as this may be painful.
2-6	Your child should try not to use the sling and should begin normal light activities with the arm and shoulder. They should increase activity gradually as pain allows.
6-12	The fracture should be largely united (healed) and your child can resume normal activity but be governed by any pain they are experiencing. Your child should be able to carry out day-to-day activities although arduous tasks may cause discomfort. <b>If your child is still experiencing significant pain and stiffness then please contact us for further consultation.</b>

Your child may return to sports such as swimming once they feel comfortable, but should avoid contact sports (rugby, football, trampolining etc.) for six weeks from the date of the fracture.

**Initial exercises to do four to five times a day:**

If your child has stiffness in their elbow or hand from wearing the sling, they may wish to perform these exercises first. However, once the exercises become easy your child can start with the posture and pendulum exercises.



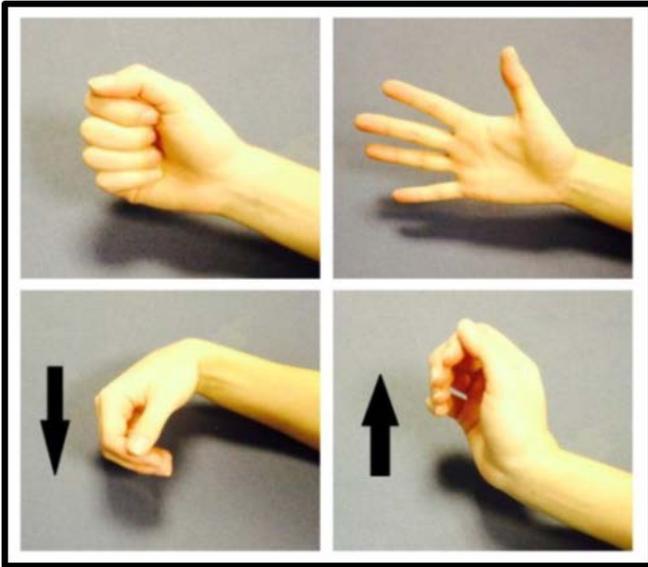
**Elbow bend to straighten**

Your child should bend and straighten the elbow of their injured arm so they feel a mild to moderate stretch. They can use their other arm to assist if necessary. They should not push if it causes pain.

**Forearm rotations**

Your child should put the elbow of their injured arm at their side, then bend it to 90 degrees. They should slowly rotate their palm up and down until they feel a mild to moderate stretch. They can use their other arm to assist if necessary but should not push if it causes pain.

Repeat both exercises 10-15 times provided there is no increase in symptoms.



### Finger and wrist flexion and extension

Your child should open and close the hand of their injured arm as shown 10-15 times, then move their wrist up and down 10-15 times.

After a few days, they should hold a soft ball or ball of socks and squeeze the ball as hard as possible without pain.

Hold for five seconds and repeat 10 times.



### Postural awareness

Your child should bring their shoulders back and squeeze their shoulder blades together as shown in the picture. They can do this with or without their sling on.

Hold the position for 20-30 seconds and repeat five times provided there is no increase in symptoms.

### Shoulder pendulum exercises

Your child should stand and lean forwards supporting themselves with the other hand. They should try to relax their injured arm and let it hang down. They should:

1. Swing their arm slowly and gently, forwards and backwards.
2. Swing their arm slowly and gently, side to side.
3. Swing their arm slowly and gently, in circles clockwise.

Continue for approximately one to two minutes in total provided there is no increase in symptoms. They should remember to try to relax their arm.

If your child is having problems progressing with the exercises then please call the Virtual Fracture Clinic on the number provided.



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**Further information and advice can be obtained from:**

**NHS 111**  
**NHS Choices online**

 **111**  
[www.nhs.uk](http://www.nhs.uk)

**MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.**

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

**Telephone:**  01622 224960 or  01892 632953

**Email:** [mtw-tr.palsoffice@nhs.net](mailto:mtw-tr.palsoffice@nhs.net)

**or visit their office** at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: [www.mtw.nhs.uk](http://www.mtw.nhs.uk) or pick up a leaflet from main reception.

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