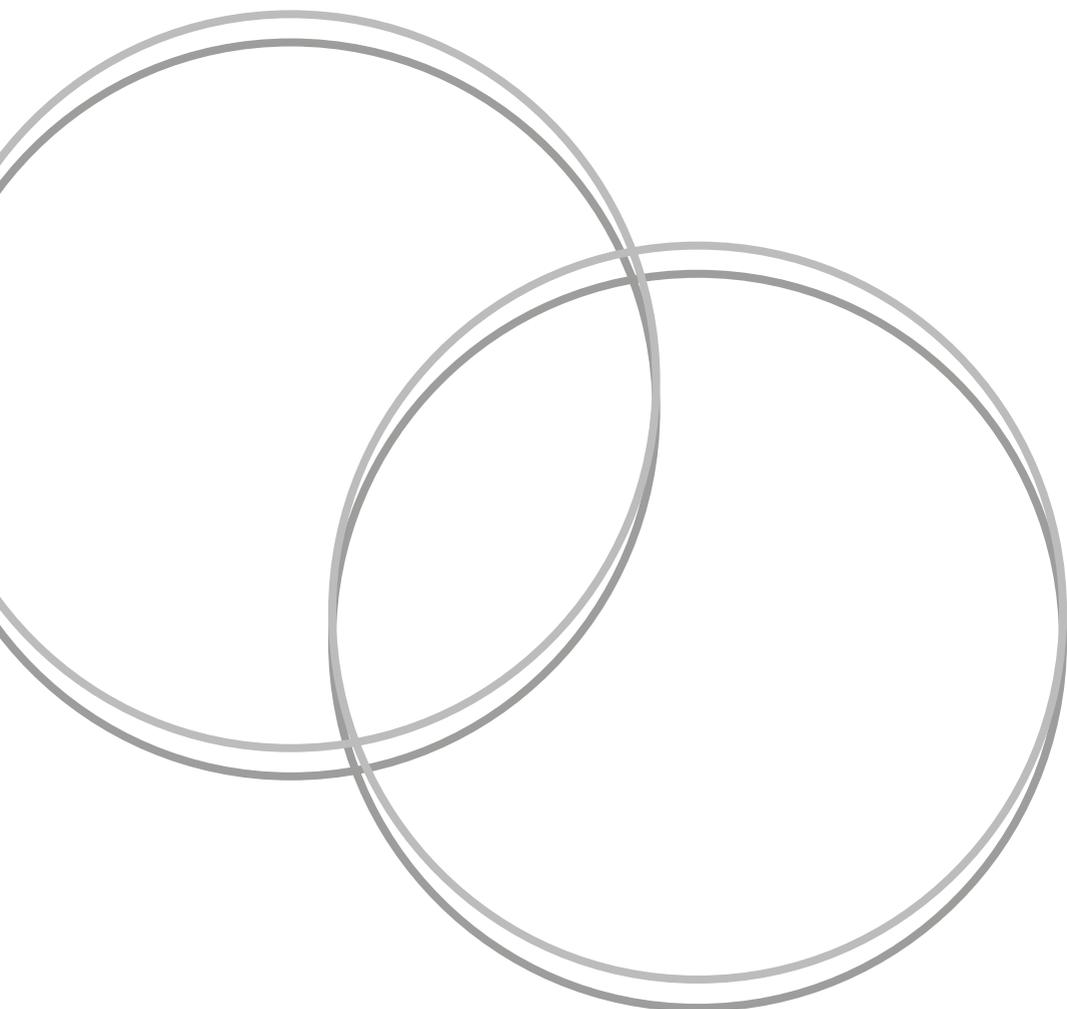




Oxford University Hospitals
NHS Foundation Trust

Adult Clavicle Fracture - Advice Leaflet

Information for patients



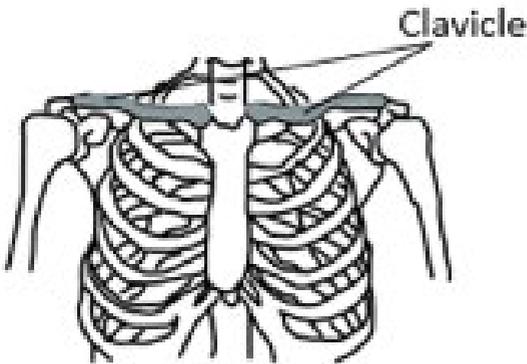
What is a Clavicle Fracture?

A fractured clavicle (collar bone) is a common injury particularly in people playing sports. It is usually from falling onto the arm or shoulder.

The collar bone is part of the shoulder and helps join the arm to the body.

A fractured collar bone will be very painful. There may also be:

- Swelling or pain around the injured area.
- Bruising to the skin.
- Rarely, you may have numbness or pins and needles if nerves in the arm are injured. If you have this you should tell your doctor.



Management of your Injury

Most broken collar bones will heal well with rest in a sling, but surgery may be needed if the break in the collarbone is in many pieces, the bones have moved a lot, or if the bones are taking longer to mend than expected.

You will be given a sling to wear. Having your arm in the sling will support the bone, reduce your pain, and allow your fracture to heal. It also stops your hand and fingers from becoming too swollen.

Wear the sling during the day for the first 2 weeks apart from when you are doing your exercises or for washing. You can choose whether to wear it at night, but you might be more comfortable with a soft pillow between your arm and body for support.

You may notice a bump develops over the part of the bone that was broken. This is part of the healing process and will get smaller over the next 12 months. You may notice a small bump always remains.

Follow Up Appointment

An appointment will be made for you to be reviewed in the trauma clinic. At this appointment X rays will be taken again to check the position of the fracture.

Pain Relief

Take regular painkillers, to help you move more easily and gently exercise your injured limb. Paracetamol is ideal. If paracetamol does not help, you may need a stronger painkiller, such as codeine. Codeine is only available on prescription; however, you can buy a combination of paracetamol with codeine over the counter of any pharmacy. Please speak to the pharmacist for extra advice and tell the pharmacist if you are taking other medications.

Please read and follow the dosage instructions on the packet carefully. If you require a stronger pain relief, please contact your own GP for a prescription.

Cooling

You can apply ice to the swelling on your shoulder for up to 20 minutes every two hours, for the first 24-48 hours. A bag of frozen peas wrapped in a tea towel is ideal. Do not apply ice directly to your skin, as this may cause a cold burn.

Dressing

When dressing, put the injured arm in first, and when removing clothes; take the injured arm out last.

Exercises to do in the first 2 weeks after Injury

- Do not lift your elbow above the height of your shoulder when doing your exercises.

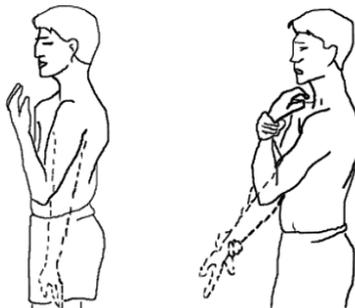
The exercises

We suggest that the following exercises are held for 5 seconds and repeated 10 times.

1. Elbow Flexion/Extension

When Standing:

- a) Bend and straighten your elbow fully.
Stand with your arm fully straight beside you in a relaxed position, then gently bend the arm at the elbow so that the palm of the hand moves towards the shoulder.
- b) Apply some added gentle pressure with your other hand to help your arm to bend, and then help your arm to straighten.



2. Supination/Pronation

When sitting:

Rest your arm on a table or armrest of a chair.

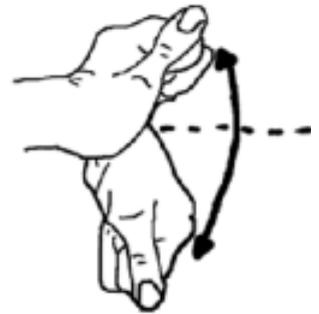
Hold your elbow into your side with your forearm in front of you in a comfortable position.

Turn the palm of your hand up then down, keeping your elbow still.



3. Wrist flexion and extension

Keeping your forearm still, move your wrist up and down.



4. Finger flexion and extension

Open and close your hand and fingers of your injured arm.

After a few days, hold a soft ball/ball of socks, squeeze the ball as hard as possible without pain



Smoking cessation

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

Useful telephone numbers

New Patient (Fracture Clinic) at:

John Radcliffe Hospital, Oxford

Monday to Friday, 9.00am to 5.00pm

Saturday and Sunday 9.00am to 11.00am

Tel: **01865 220 217**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

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