

Should you have any worries or concerns following discharge from hospital, please use the contact details below

**Contact details:**

Raigmore Hospital  
Old Perth Road,  
Inverness, IV12 3UJ.  
Tel: 01463 704000

Tel: Fracture Clinic Helpline - Monday to Friday  
12 - 3pm  
07779 422980

In an emergency contact NHS 24 - Tel: 111

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Devised by: Lisa Kenley

Patient information

# Advice

## For **Adults** with Undisplaced/Minimally Displaced Fractured Clavicle (Collar Bone)

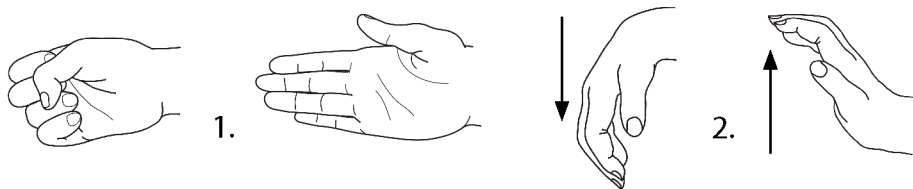


1. You have an undisplaced/minimally displaced break in your collarbone (clavicle). These injuries normally heal well and take approx 6-12 weeks to heal fully.
2. You have been provided with a sling for comfort/support (blue polysling). Your sling should be worn with your elbow at 90 degrees. You should wear it during the day for the first 2 weeks except for exercises and personal hygiene.
3. You can wear the sling at night if it helps the pain and helps you sleep. It may be more comfortable for you to sleep sitting slightly upright, propped up with pillows.
4. Please follow the exercises in this leaflet to ensure that you do not develop stiffness in the elbow or shoulder, whilst in the sling.
5. Regular analgesia may be required, especially to allow you to do the exercises. Avoid lifting weight for the first 3-4 weeks.
6. Mild pain/discomfort can continue for approx 3 months. If you feel you are not close to achieving full range of movement in your shoulder after 5-6 weeks, you may benefit from Physiotherapy guided rehabilitation. Please contact 0800 917 9390.

### Initial Exercises to do 4-5 times a day:

#### Finger and wrist flexion and extension:

1. Open and close your hand (making a fist) 10-15 times.
2. Then move your wrist up and down 10-15 times.

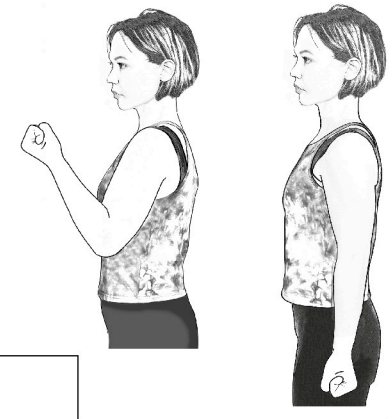


After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain. Hold for 5 seconds and repeat 10 times.

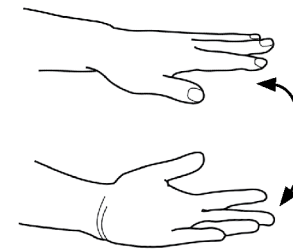


#### Elbow bend to straighten:

Bend and Straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist if required. Do not push into pain. Repeat 1-15 times (provided no increase in symptoms).



#### Forearm rotations:



Put your elbow at your side. Bend it to 90 degrees. Slowly rotate your palm up then down until you feel a mild to moderate stretch. You can use your other arm to assist, but do not push into pain.

#### Postural awareness:

Bring your shoulders back and squeeze your shoulder blades together (with or without sling on), hold for 20-30 seconds, repeat 5 times, provided there is no increase in symptoms.

#### Shoulder pendulum exercises:

Stand and lean forward supporting yourself with your other hand. Try to relax your injured arm and let it hang down by your side.

1. Swing your arm slowly and gently back and forth.
2. Swing your arm slowly and gently side to side.
3. Swing your arm slowly and gently in circles clockwise.

Continue for approx 1-2 minutes in total provided there is no increase in symptoms.

