

Helping your clavicle to recover after a fracture

Information for patients



This leaflet gives you the advice and exercises to help your clavicle (collar bone) to recover after your fracture. Now that you are using your sling less, it is very important that you use your shoulder as normally as possible. At first your shoulder will feel stiff and painful but it is important that you continue to move it as this will aid your recovery. The soft tissues around your shoulder joint need to be kept moving so that they don't heal in tightened positions.

Normal use

It will not produce further damage if you continue to use your shoulder normally for everyday activities. This may make your clavicle and shoulder sore in the early stages, but you will be able to gradually increase your activity as pain and swelling settle.

Do not return to contact sport until you are pain free and at least 8 weeks after your injury.

Swelling and pain

Your clavicle and shoulder may still be swollen and bruised. Pain and swelling can be eased by applying ice for approx 10 minutes 3-4 times a day. Wrap the ice in a damp towel to protect your skin.

Basic painkillers will also help. Speak to your GP or Pharmacist if you require further advice about pain relief.

Exercise

It is important that you start to exercise your arm as soon as possible. By exercising and regaining normal movements, the feeling of stiffness and pain will gradually ease.

You may find the elbow joint is stiff too, so keep it moving if it's not injured.

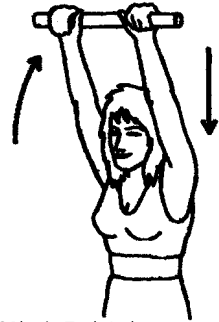
The exercises will be most effective if practiced regularly. We suggest doing the exercises 3-4 times a day. It is better to repeat the exercises little and often, rather than once a day for a longer period.

The exercises

We suggest that the following exercises are held for 5 seconds and repeated 10 times each. For all the exercises – stand upright, holding a stick in both hands.

1. Shoulder Flexion

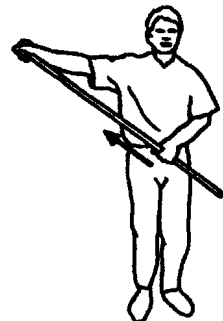
Stretch your arms over your head, keeping your elbows straight.



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2. Shoulder Abduction

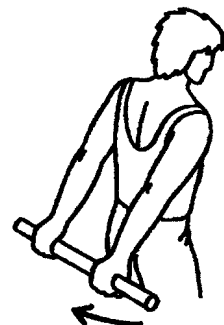
Keeping your elbows as straight as possible, bring your arms out and up towards your injured side.



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3. Shoulder Extension

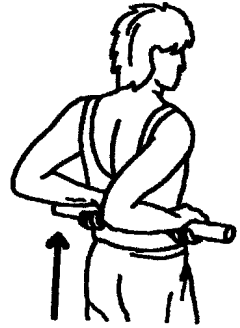
Holding the stick behind your back, move the stick away from your back, keeping your elbows straight.



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4. Internal Rotation

Holding the stick behind your back, move the stick up and down by bending your elbows.



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