



Fractured Clavicle

Doncaster Royal Infirmary
Armthorpe Road
Doncaster
DN2 5LT

Tel: 01302 644665

You will be followed up by the consultant.

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

You have sustained a fracture to your clavicle (collar bone).

This normally takes between 6-12 weeks to heal. You may use the arm in the meantime as explained in the protocol. It is important to keep the shoulder moving to prevent stiffness but not to aggravate it.

Use the sling for the first two weeks to allow the soft tissues to settle. Follow the management plan outlined below.

Take pain killers as prescribed. You may find it more comfortable to sleep propped up with pillows.

If you are worried that you are unable to follow this rehabilitation plan,

Or, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

Or, have any questions, then please phone the number at the top of this letter for advice.



The result of your virtual appointment was to refer you to the fracture clinic for an opinion with regards to surgical fixation of your fracture. You will have a clinical review in fracture clinic within approximately 1 week after the injury.

If you have not received a letter for the fracture clinic or need to change this appointment, please contact the booking team on Tel: 01302 642500.

Please follow the plan below:

Weeks since injury	Rehabilitation Plan
While awaiting surgical opinion	Wear the sling during the day except for exercises and personal hygiene. It is your choice if you wish to wear it at night. Start the Initial exercises. Do not lift your elbow above shoulder height as this may be painful.

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.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

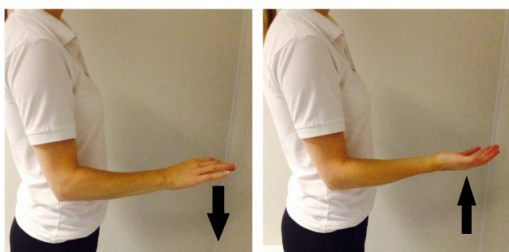
Initial Exercises to do 4-5 times a day:

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



Elbow Bend to Straighten

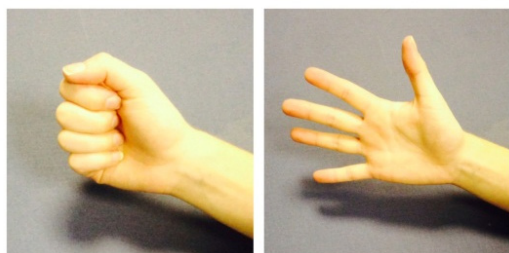
Bend and straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.



Forearm Rotations

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

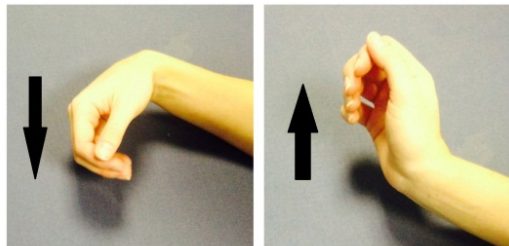
Repeat 10-15 times provided there is no increase in symptoms.



Finger and wrist flexion and extension

Open and close your hand as shown 10-15 times. 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.

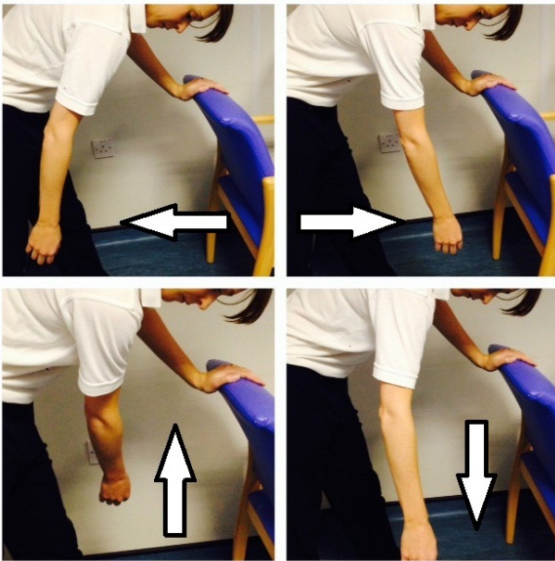
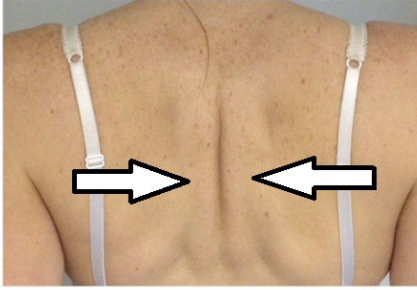




Postural awareness

Bring your shoulders back and squeeze your shoulder blades together as shown in the picture. Do this with or without your sling on.

Hold the position for 20-30 seconds and 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.

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

Continue for approximately 1-2 minutes in total provided there is no increase in symptoms. Remember to try and relax your arm.