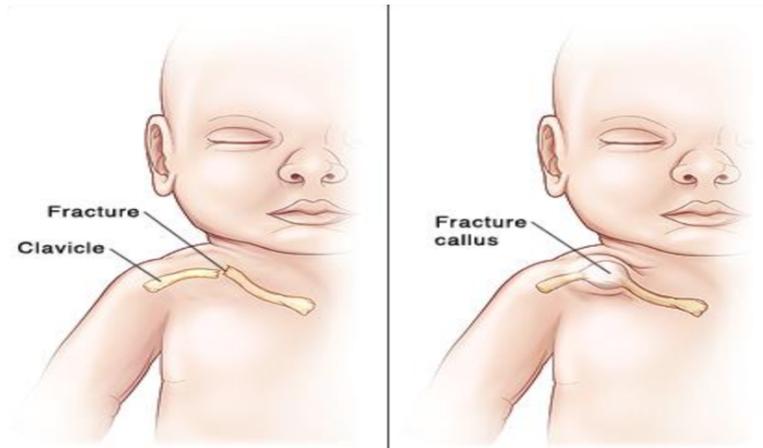


## How to Care for Your Child with Clavicle Fracture

This leaflet will provide you with information about clavicle fracture, symptoms, diagnosis, treatment and home care advice.



### What is Clavicle Fracture?

The clavicle sometimes called the "collarbone," connects the breastbone to the shoulder blade. A clavicle fracture is when a child breaks his or her clavicle (collarbone).

### What are the symptoms of Clavicle Fracture?

**Symptoms of a clavicle fracture may include:**

- o Pain in the area of the clavicle when moving the arm.
- o Swelling and bruises over the injured area.
- o Feeling the bone snap or crack (when the fracture happens).

A clavicle fracture can also make the clavicle look like it's out of position.

### How is Clavicle Fracture diagnosed?

The doctor will ask you few questions about your child's health and examine your child. Your doctor will request an x-ray for your child's injured clavicle.

## When can my child go back to playing sports?

**Your doctor will let you know when your child can go back to sports. This is usually when:**

- There is no pain when you press on the collarbone.
- The shoulder strength is normal.
- Your child can move and use the arm without pain.

In general, children can go back to non-contact sports (such as running or swimming) in about three weeks. Children can go back to contact sports (such as football or hockey) in 6-8 weeks.

## When should I seek medical advice?

**Seek medical care if your child:**

- Has pain or swelling that gets worse.
- The arm is cold, pale, or numb.

## How is Clavicle Fracture treated?

**Most broken Clavicle (collarbones) heal well with supportive management at home, and this includes:**

- Ice to help with pain and swelling. Put an icepack, cold gel pack, or bag of frozen vegetables over the collarbone for 20-30 minutes every 2-3 hours. Be sure to put a towel between the ice/cold pack and your child's skin.
- Arm support, such as a sling or shoulder immobilizer. Your child should wear the sling or immobilizer for about three weeks
- Pain medicine. If your doctor advises giving medication for pain, you can give:
  - Paracetamol (any brand) Or, Ibuprofen (any brand).
  - Follow the instruction on the medicine package for the correct dose for your child.
  - Do not give your child Aspirin to as this can cause a serious complication.
- As the fracture heals, it often develops a bony bump, which you can see and feel. This is called a "callus" and is a normal part of healing. In children, the callus usually disappears.
- A follow up is not needed unless your child is still in pain and not moving the shoulder three weeks after the injury.

## Home care advice

- Ensure your child takes appropriate rest at home.
- Give pain medicine as directed by your doctor.
- For the first three weeks, your child should:
  - Avoid raising the arms above the shoulder.
  - Avoid lifting anything that weighs more than 5 pounds (2.3 kg).
  - Stay out of all sports and physical education.
- Help your child do all gentle exercises of his arm to prevent elbow and shoulder stiffness and help with muscle strength.