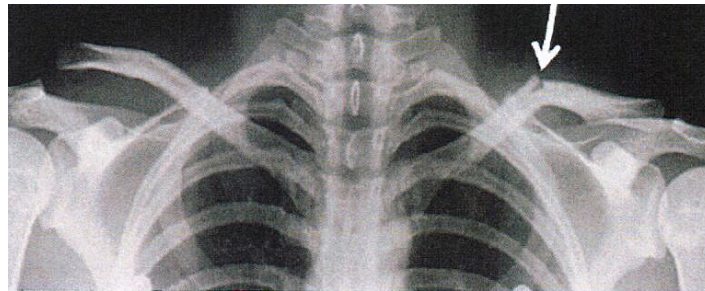


# Broken clavicle (collar bone) injury in children



Your child has fractured their Clavicle (Collar Bone). This type of fracture is common in children and usually heals well- the only treatments required are painkillers and a sling. We may expect the collar bone to be painful for up to 4-6 weeks but may improve sooner. The aim of the treatment is to return the shoulder to full function.

**This leaflet gives advice for parents and carers of children under 13 years old with clavicle fractures.**

## Treatment

- Your arm/child's arm will be supported in a sling which you can remove when needed.
- Your child may find it more comfortable to sleep sitting upright for a few days after the injury, supported with pillows.
- The shoulder and arm can be moved out of the sling as comfort allows. This will usually be about 2 weeks after the injury but can be sooner if comfortable.
- At night the sling should be removed, and a pillow used to support your arm/your child's arm in bed. This should be done during any sleep, day or night.
- The sling should be removed for bathing.



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- You/your child may go to school but do wear the sling for support at play times and do not take part in PE or games.
- Pain killers such as paracetamol and/or ibuprofen [as long as not allergic] can be taken regularly or when needed, ask your parents/guardians for them.
- Expect the collar bone to be painful for four to six weeks.
- The 'bump' over the fracture is quite normal and is produced by healing bone. It may take up to one year to disappear unless your child is older than ten years, in which case a small bump may remain.
- Your child may return to sports such as swimming as soon as comfortable, but should avoid contact sports (such as football, rugby, and basketball) for six weeks from the date of the fracture as there is a risk of damaging the fracture.

You will be seen in the next available Fracture Clinic to ensure that your fracture is healing well, and further advice will be given then.

If your child is still experiencing significant symptoms after two months, please contact the Fracture Clinic - 0151 604 7069 (Monday to Friday, 8.30am until 3.30pm)

**If your child has any of the following symptoms or you have any urgent concerns following discharge, please attend the Minor Injury Unit or your local Accident and Emergency Department:**

1. Pain at the fracture site after six weeks.
2. Persistent tingling or abnormal sensation in the arm or hand.

**Please contact your GP or NHS111 for any queries or concerns.**

**Please retain this leaflet for future reference.**

**Reference:**

Paediatric Clavicle Fractures Leaflet, Orthopaedic Department,  
Wirral University Teaching Hospital NHS Foundation Trust

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.yourexperience@nhs.net](mailto:wcnt.yourexperience@nhs.net)

September 2021 V2