

Collarbone fracture (children)

This leaflet provides you with information about collarbone fracture (children). You should know that your personal situation may differ from the one described here.

Your child has a fractured collarbone (clavicle). This fracture is treated with a sling.

Summary

- Your child has a fractured collarbone.
- This type of injury almost always heals well without any loss of function.
- A routine follow-up is not necessary for this type of injury.
- You can remove the sling as soon as your child's pain allows you to do this. During the night you do not have to wear the sling. Use the sling for max. 4 weeks
- To prevent the shoulder from getting stiff, it is important that your child starts moving the shoulder and arm as soon as possible. Only use the shoulder when the pain allows this.
- You can find instructions on how to reapply the sling in the app: Virtual Fracture Care, Adrz.

If you have any questions, or are experiencing problems with your recovery, you can call the Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202).

Treatment

A fractured collarbone is a common injury in children. The fracture is treated with a sling. If your child is young and won't wear the sling, this is not a problem. Collarbone fractures almost always heal without any problems or complications.

0-4 weeks

- Wear the sling, remove it as soon as your child's pain allows this. Start moving the shoulder and arm as soon as possible, to prevent the shoulder from getting stiff. Only use the shoulder when the pain allows this.

4-6 weeks

- Let your child move the shoulder if the pain allows this.

After 6 weeks

- Gradually start sports.

Instructions

Follow these instructions for a good recovery.

- The sling keeps your child's arm in a comfortable position for a few days to weeks.
- You can remove the sling as soon as your child's pain allows you to do this. During the night you do not have to wear the sling. Use the sling for a maximum of 4 weeks.
- To prevent a stiff shoulder it is important that your child starts moving his/her shoulder as soon as possible. Only use the shoulder when your child's pain allows you to do this.
- Activities such as sports can be done after 6 weeks when your child's pain allows you to do this. It is no problem to wait longer with these activities.
- Is your child in pain? Use a mild pain killer such as paracetamol (acetaminophen). Do not wait with the use of

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paracetamol until the pain is too much.

Recovery

- This type of injury almost always heals well with time and use – no specific treatment is required and routine follow-up is unnecessary.
- As the bone heals, a bump may appear over the fracture. This is normal, it is the result of bone healing. This does not affect the function of your child's shoulder.
- Does the pain increase, or does it not improve? Please contact the Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202). Physiotherapy is not necessary. If you are not satisfied with the function of your child's shoulder after 6 weeks, you can ask for a referral to a physiotherapist from your general practitioner. However, a referral is not required.

Reapply the sling

Instructions on how to reapply the sling can be found in the video below.

Sling double loop

<https://www.youtube.com/watch?v=5dudzpsQRqo&feature=youtu.be>

Sling single loop

<https://www.youtube.com/watch?v=l2rx-pgguNg>

Exercises

To prevent a stiff shoulder it is important that your child starts moving the shoulder as soon as possible. Only use the shoulder when the pain allows you to do this. No specific exercises are necessary.

Questions?

If there are any questions after reading the information, please contact us or visit www.adrz.nl.

Contact

Please call us: Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202). Monday – Friday: 8.30 am – 10.30 am.