

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202310-01-ACF
Created: October 2023/ Review Date: October 2025

Information reproduced with permission from
Cambridge University Hospitals NHS Trust

INFORMATION FOR PATIENTS

Discharge advice

Adult clavicle fractures



Healthier Communities,
Outstanding Care

What is a clavicle fracture?

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

The clavicle is a strut bone connecting part of your sternum (breast bone) to your scapula (shoulder blade) by tough bands of tissues (ligaments). It is one of the most common bones to injure and is usually caused by falling onto the arm or shoulder, especially off a bicycle.

Swelling and bruising at the fracture site is normal. Simple, over the counter pain killers and applying ice to the area will help to reduce swelling and pain. Ice should be applied, wrapped in a tea towel, for 20 minutes three to four times a day. It may help to sleep more upright in a chair or with extra pillows initially.

You should:

- Start using your arm within the limits of your pain, particularly hand, wrist and elbow.
- Wear your sling for comfort and discard at your own discretion.

You should not:

- Drive or cycle whilst wearing the sling.
- Take part in any physical contact sports for at least 12 weeks and possibly longer, as guided by your consultant.
- Lift anything heavier than a cup of tea for 6 weeks.
- Miss your appointment with the shoulder specialist.

At your appointment, the clavicle may possibly be x-rayed again in order to check the position of the fracture.

The shoulder specialist will then discuss further options for managing your injury at this appointment.

Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

If you develop any issues or have concerns/questions we advise you seek help.

Call the fracture liaison nurses on 01623 622515, extension 4114 between 8am and 4pm, Monday to Friday.

Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.