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FRACTURE CLAVICLE

What is a broken collarbone?

The collarbone, also called the clavicle, is the bone over the top of your chest, between your breastbone (sternum) and shoulder blade (scapula).

Fracture clavicle is the commonest bone fractured in the body

Majority of the fractures heal irrespective of type of treatment

Surgery is rarely required

How does a collarbone fracture occur?

Clavicle fractures are common injuries, and they can occur different ways. Some patients fall on an outstretched hand, others fall and hit the outside of their shoulder.

What are the symptoms of a broken collarbone?

Most often, patients have pain

Difficulty moving their arm.

Swelling and bruising around the broken bone are also quite common.

An x-ray will show the fracture.

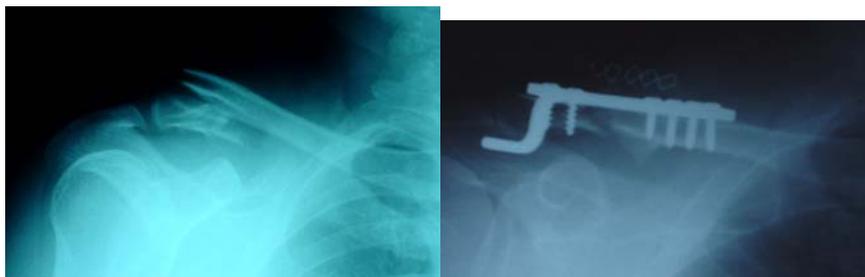
The nerves and vessels are rarely injured because of a broken collarbone.

What is the treatment for a clavicle fractures?

There are several types of slings available; one commonly used is called a “broad arm sling” or “a collar and cuff”

It is unusual for a clavicle fracture to require surgery, and most often an attempt at treatment in a sling is made.

Surgery is required in some situations when either the skin is broken or if the fracture is severely displaced or shortened.



How long does it take to recover from a collarbone fracture?

Clavicle fractures should heal completely within 6 weeks in children and 12 weeks in adults.

The pain usually subsides within a few weeks.

Often patients are back to full activities at 6-8 wks.

Once an activity doesn't cause significant pain, a gradual return can be attempted.

Recovery is usually complete, with a full return expected. Patients may notice a persistent bump where the fracture was (often for months or longer), but this should not be bothersome

If pain persists at 3 months: consult orthopaedic surgeon.

In 2%, there may be healing problem requiring surgery. In this situation [Non-union], fracture is fixed with a plate in addition to bone graft from pelvic bone. It's a good operation and works in 95% of cases.