

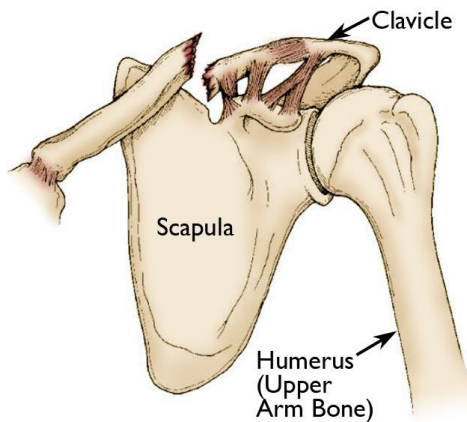


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## Clavicle Fractures

### What is it?

The clavicle (collarbone) connects the shoulder to the sternum. It is frequently fractured with falls on the shoulder and an outstretched hand. The clavicle is most likely to fracture in the middle of the bone. Many of these fractures don't need surgery. It takes a *long time to heal* and is *prone to repeat fractures*.



### Treatment:

80-90% can be treated non-surgically

- Regular Sling
- Ice, Tylenol & Ibuprofen
- When pain improves, start gentle shoulder range of motion (usually after 1 week)
- When X-rays show improved healing & pain improves, start more aggressive motion, easy strengthening & wean out of sling (usually after 3-4 weeks)

### When can I return to sports:

Athletes must have full, pain-free motion and 90% strength for clearance. Most return to sports at:

- Start light strength training: 6-8 weeks
- Noncontact sports: 6-8 weeks
- Contact sports: 8-12 weeks

### When should I see a surgeon?

Some clavicle fractures may not heal well without surgery. Fractures that are significantly displaced, shortened or have tenting of the skin should see a surgeon to discuss surgical indications. Also, surgery may be recommended for throwing athletes and manual laborers.