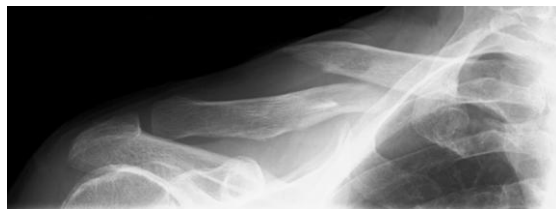


### What is my diagnosis?

You have broken (fractured) the clavicle (collarbone).

The type of injury you have suffered is painful but most often **heals without the need for surgery**.



### What happens next?

- Your X-rays and notes will be checked by a Consultant Orthopaedic Surgeon
- You should have been provided with a sling (to support your arm)
- You will receive a telephone consultation or fracture clinic review around **three weeks** after your injury
- Please sure the Emergency Department/Minor Injury Unit reception staff have your mobile and home phone numbers.

### Managing at home

- The sling is to provide comfort, but you do not need to keep the shoulder completely still
- The sling can be removed when you are dressing, washing, or sitting down
- You should take the sling off every day to fully bend and straighten your elbow
- Stop using the sling altogether once the pain begins to settle
- Sleep with extra pillows under the affected side to provide support.

### What can I expect during my recovery?

- The pain begins to settle around two weeks after injury
- The bones take around **8-12 weeks** to heal
- Once the fracture has healed you may be left with a bump
- Most people return to desk work by **2 weeks** but manual work may not be possible for **4 to 8 weeks** depending on your symptoms
- There is **no specific time you can drive again**. It is **illegal** to drive when wearing a sling, splint, cast, or moonboot. As you recover, it is your legal responsibility to be certain before you return to driving that you are able to control your vehicle normally and safely.

### Key exercises (three times a day)

Once the pain has improved all movements are allowed. You cannot delay healing or harm yourself by doing gentle movements of the shoulder.

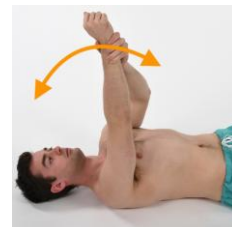
### Arm pendulums (immediately)

Remove the sling and gently swing your arm back and forth like the pendulum of a grandfather clock. Add side to side movements and eventually move the hand in a circle.



### Assisted arm raises (after 2 weeks)

Lying flat, hold the wrist of the injured side with your good hand. Raise your arms together until you feel discomfort then come back down. Repeat 10 times, and raise it further as your pain improves.



### Arm rotation (after 2 weeks)

Lying flat, hold a walking stick (golf club, broom, etc) between both hands. Keep the elbow of the injured shoulder tucked in by your side (red arrow) then use the good arm to push the stick and rotate the injured side until you feel discomfort. Repeat 10 times.



## Get in touch

Please get in touch via our trauma email if you have queries about your injury:

[traumaenquiriesRIE@nhslothian.scot.nhs.uk](mailto:traumaenquiriesRIE@nhslothian.scot.nhs.uk)

**If you do not receive a reply after 3 working days call our Monday-Friday helpline (8am-4pm):  
0131 242 3410**

## Urgent issues

Please call the department where you were initially seen about your injury:

- **RIE Minor Injuries Unit:** 0131 242 3942 (8am- midnight, if after midnight contact RIE Emergency Department 0131 242 1300)
- **WGH Minor Injuries Clinic:** 0131 536 3468 (9am-8:30pm)
- **SJH Emergency Department:** 01506 523 011 (24 hours)