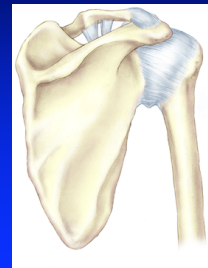


**DR. TERRY HAMMOND**

**SHOULDER SURGEON**



## Fractured Clavicle Protocol

You should wear your sling all the time unless exercising for the first 2-3 weeks. During this time come out of the sling for hand, wrist, and elbow exercises. You should work on getting your elbow completely straight and then fully bent. You can gently hang your arm forward with the elbow straight to allow washing under your armpit and dressing. You can use your hand in the sling for activities such as writing, typing, eating dinner etc.

You may need strong painkillers for the first week. Try taking simple ones such as regular paracetamol and anti-inflammatories from the chemist. Ice on the fracture is often helpful. You may need to see you GP for stronger painkillers but try not to take too many – they are not good for you!!

You should then wean out of the sling, beginning between 2 and 3 weeks after your fracture with the time depending on how painful it is. Initially take the arm out of the sling only while doing quiet activities such as watching television. As pain settles, you can progressively remove the sling for other activities including eating followed by walking around followed by day-to-day activities.

You should be completely out of the sling between 4 and 6 weeks after the injury depending on pain levels.

Once there is no pain for day-to-day activities then try a push-up. As soon as you can do a push-up without pain you can resume all normal activities including sport (rugby, surfing, wrestling, gym etc.).

You will usually need to see me between 4 and 6 months after the injury with an x-ray to ensure the fracture is fully healed.