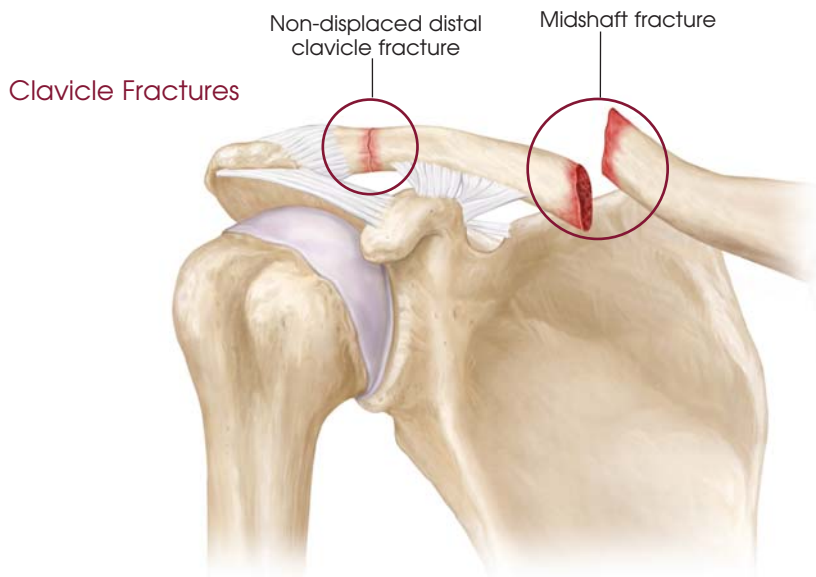
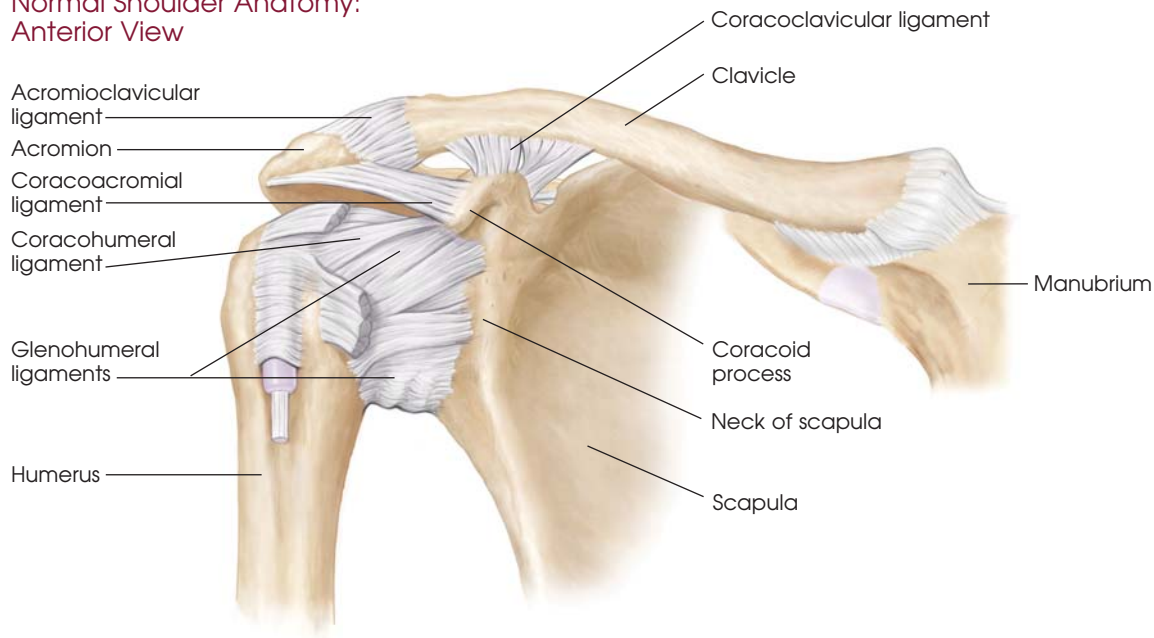


Clavicle Fracture (Broken Collarbone)

Normal Shoulder Anatomy: Anterior View



Clavicle Fracture is a break to the collarbone, the bone in the upper chest that connects the breastbone (sternum) to part of the shoulder blade (scapula). This injury is common in athletes during a forceful fall directly onto the shoulder or onto the outstretched hand; or can be the result of an unavoidable accident. Symptoms include pain and swelling, a cracking sound at the time of injury and inability to lift the arm.

Common Treatment Options

- Apply ice packs to the shoulder for 20-30 minutes every 3-4 hours for the first 2-3 days until the pain goes away.
- Wear a sling or a "figure-of-8" harness to immobilize the fracture while it heals.
- Immediate range of motion of the wrist and elbow should be performed to avoid stiffness.
- Shoulder motion should begin early as comfort allows.
- Avoid anti-inflammatory medications and smoking as they may slow bone healing.
- Surgery is rarely needed, but displaced fractures should be referred to a surgeon.

