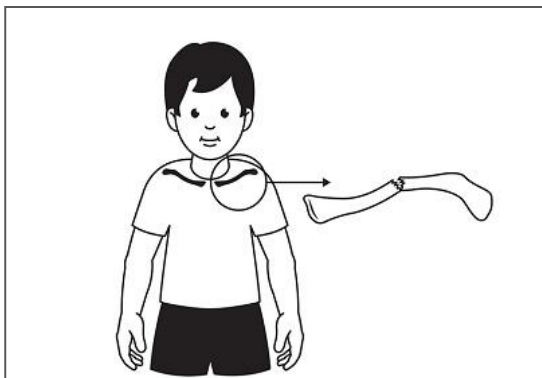


## Introduction

We hope this guide will answer your questions about your child's injury. Please contact the team if you require further information via the details at the end of this leaflet.

## What is a clavicle fracture?

This is a fracture of the collar bone. This type of fracture is common in children.



## How long will this take to heal?

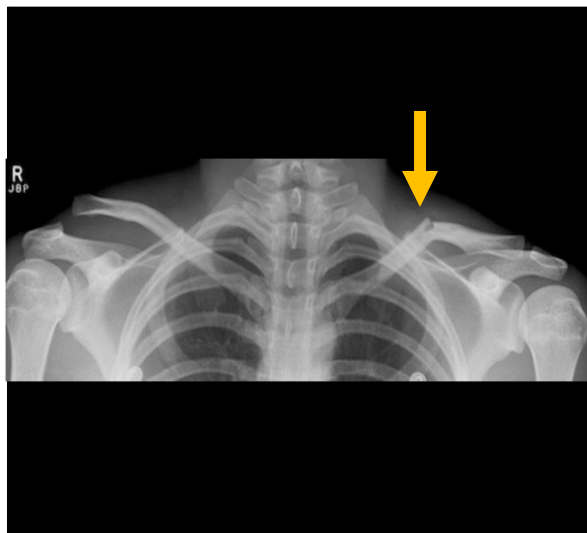
These fractures almost always heal well with time and use. Symptoms are usually pain for four to six weeks.

## What are the treatment options?

Usual treatment involves painkillers and a sling.

## Will I need follow up?

Routine follow up is not necessary due to the nature of the fracture.

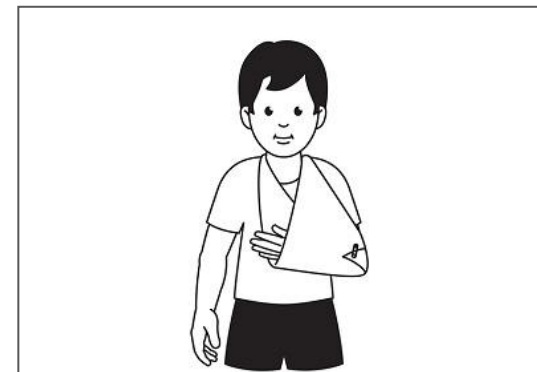


## Are there any complications?

There may be a slight bump over the bone as the break heals. This will disappear but can take one year to do so. If your child is older than ten years, it may take longer than a year and very rarely, a small bump may remain.

## How will this be managed?

A sling will be applied. Your child may find it more comfortable to sleep sitting upright for a few days after the injury. The shoulder and arm can be moved out of the sling as pain allows. This can be two weeks after the injury but can be sooner if comfortable.



## Is there anything to avoid?

- contact sports such as football, rugby and basketball for six weeks
- avoid PE if attending school
- avoid heavy lifting for six weeks

Your child may return to sports such as swimming as soon as they are comfortable. They can return to school during this time.

## Will my child need an operation?

No, not usually. Surgery for clavicle fractures in children is very rare and only in very specific circumstances. If you would like to discuss further a member of the orthopaedic team would be happy to advise.

## Contacting the team

If your child is still experiencing significant symptoms after six to eight weeks or you are concerned about your child's collar bone, please contact the virtual fracture clinic team on **01279 973362** Monday to Friday, 9am to 4pm.

Out of hours please contact the orthopaedic Resident Doctor on-call via switchboard on 01279 444455.

If you would like to give feedback on your care, please contact our patient experience team on [paht.pals@nhs.net](mailto:paht.pals@nhs.net) or 01279 827211.

Please contact the communications team on [paht.communications@nhs.net](mailto:paht.communications@nhs.net) or 01279 827926 if you would like this leaflet in another language or format.



**The Princess Alexandra  
Hospital**  
NHS Trust

## Patient information

## Paediatric (children's) clavicle fracture

## Orthopaedic department

V 2 | SCC | Orthopaedic Department | Date  
noted: 08/2025 | Review date: 08/2028



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