

Virtual Fracture Clinic
Orthopaedic Department
York teaching Hospital

This is a follow-up letter to your recent telephone consultation with the Fracture Care Team explaining the ongoing management of your injury. Your child's case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Physiotherapist.

Your child has sustained a fracture to your clavicle (collar bone). Children's bones bend more than adults and this type of break is also known as a greenstick fracture.

Healing: This normally takes approximately 4 – 6 weeks to heal. Encourage your child to use the sling for the first 2- 4weeks to allow the soft tissues to settle. As the bone heals, you may notice/feel a smooth lump over the collarbone – try not to be alarmed by this. Please note that younger children are likely to recover faster as fractures heal more quickly in this age group.

Pain: Give them their normal pain killers if needed. They may find it more comfortable to sleep propped up with pillows.

Using your arm: You may use the arm as outlined in the table on the other page. It is important to keep the shoulder moving to prevent stiffness but not to aggravate it.

Follow up: We do not routinely follow up patients with this type of injury. If after 4-5 weeks they are not close to achieving full shoulder movement please contact us using the details above.

Picture of area injury:



If you are worried that your child are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice.

If your child is experiencing pain and symptoms anywhere else as a result of this injury, other than at the site of the original injury or surrounding area, please also get in touch using the telephone or e-mail details at the bottom of this letter.

York Virtual Fracture Clinic Contact details:

Phone: 01904 726575

Scarborough Trauma Assessment and
Treatment Unit (TATU):

01723 342021 / 07385 463781

Email: virtualfractclinic@york.nhs.uk

Please follow the plan below:

Weeks since injury	Plan
0-4	<ul style="list-style-type: none"> ✓ Wear the sling during the day except for exercises and personal hygiene. ✓ It is your child's choice if they wish to wear it at night. ✓ Encourage them to use the arm as long as it is comfortable. ✗ Initially movements above shoulder height are likely to be painful
4-6	<ul style="list-style-type: none"> ✓ Begin normal light activities including movements above shoulder height ✗ Try not to use the sling ✗ Avoid PE
6 -8	<ul style="list-style-type: none"> ✓ The injury should be largely healed. ✓ Your child can resume normal activity but should be guided by any pain they are experiencing. ✓ They should have full shoulder movements. ✓ Return to PE.

Advice for a new injury

Cold packs: A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief. Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

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