



Information for patients, relatives and carers

Fractured Clavicle (Collar Bone)

You have sustained a fracture of the clavicle (collar bone). This is initially treated with a sling which you have been provided by the Emergency Department. You are advised to take painkillers such as paracetamol, ibuprofen or co-codamol, which can be bought over the counter. You may find you are more comfortable sleeping sitting upright for the first few days.

After two days you may start to take your arm out of the sling for short periods of time. You can undertake some gently exercises shown on the accompanying sheet.

After two weeks you should no longer require the sling, and after six weeks you should almost be back to normal movement. A small lump may result at the site of the fracture.

Advice about returning to work

You may return to light work after a period of approximately three weeks, but if your job involves heavy work you should remain off work or with adjusted duties for up to six weeks.

You may have been supplied with a medical certificate, but if you require supplementary certificates you should contact your GP for these.

If you are having difficulty with restriction of your shoulder movements after a period of six weeks has elapsed, then you should contact us for advice during working hours 9am-5pm: Please contact the orthopaedic outpatients department at York Hospital on 01904 726537 or the fracture clinic at Scarborough Hospital on 01723 342021.

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read, or audio, please ask the staff who are looking after you.

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