

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 case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Physiotherapist.

**You have sustained a fracture to your clavicle (collar bone).**

**Pain:** Take pain killers as prescribed.  
You may find it more comfortable to sleep propped up with pillows.

**Using your arm:** It is important to keep the shoulder moving to prevent stiffness but not to aggravate it. Follow the rehabilitation plan on the next page.  
Use the sling until you have seen the consultant.

**Follow up:** The result of your virtual appointment was to refer you to the surgical team for an opinion with regards to surgical fixation of your fracture.

We have handed your details over to our Trauma Coordinators who will contact you in the next few days to arrange a date for you to come in.

If you do not hear anything in 48 hours, please contact us via the number or e-mail below

**Area of injury:**



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

**York Virtual Fracture Clinic Contact details:**

**Phone:** 01904 726575

**Scarborough Trauma Assessment and  
Treatment Unit (TATU):**

**Phone:** 01723 342021 / 07385 463781

**Email:** virtualfractclinic@york.nhs.uk

Please follow the management plan below

What to expect:

Timeline	Rehabilitation plan
While awaiting surgical opinion	<ul style="list-style-type: none"> <li>✓ Wear the sling during the day except for exercises and personal hygiene.</li> <li>✓ It is your choice if you wish to wear the sling at night.</li> <li>✓ Start the 'Initial Exercises' below straight away.</li> <li>✗ Do not lift your elbow above shoulder height as it will be painful.</li> </ul>

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.

**Rest:** Try to rest your shoulder for the first 24-72 hours. However, it is important to maintain movement. Gently move your shoulder following the exercises shown. These should not cause too much pain. This will ensure your shoulder does not become stiff and it will help the healing process.

Smoking advice:

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

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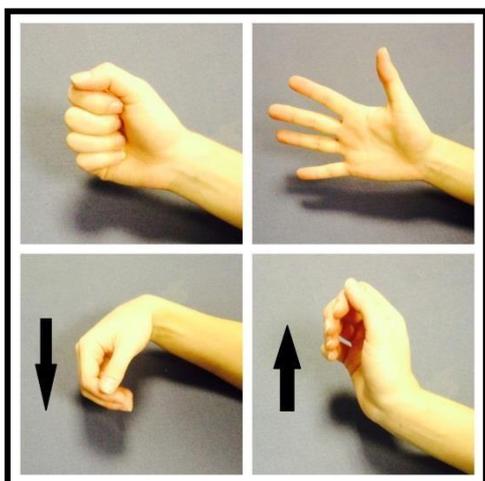
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## Exercises

If you have stiffness in your elbow or hand from wearing the sling, you may wish to perform these exercises first. However, once they become easy you can start with the posture and pendulum exercises.

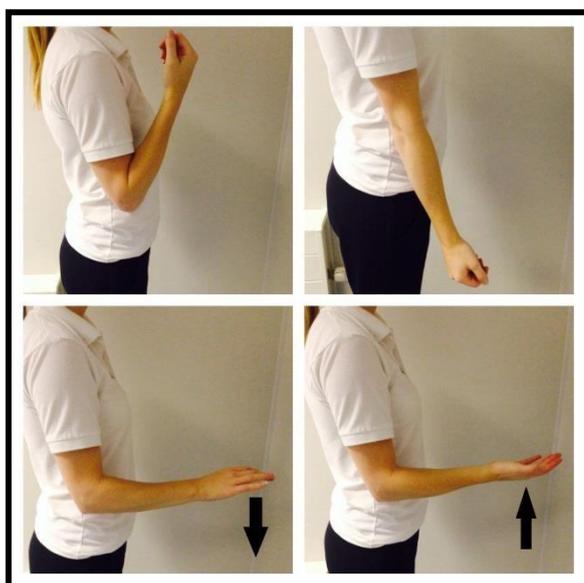
### Initial Exercises to do 4-5 times a day:



#### Finger and wrist flexion and extension

Open and close your hand as shown 10-15 times. Then move your wrist up and down 10-15 times.

After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain. Hold for 5 seconds and repeat 10 times.



#### Elbow Bend to Straighten

Bend and straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.

#### Forearm Rotations

Put your elbow at your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.

Repeat 10-15 times provided there is no increase in symptoms.

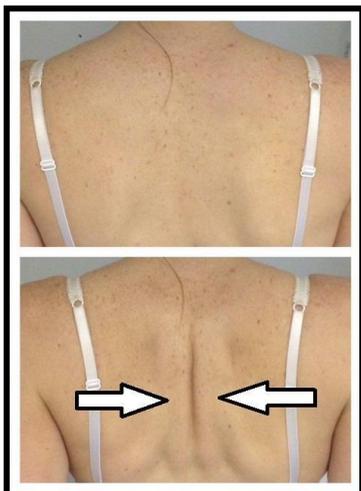
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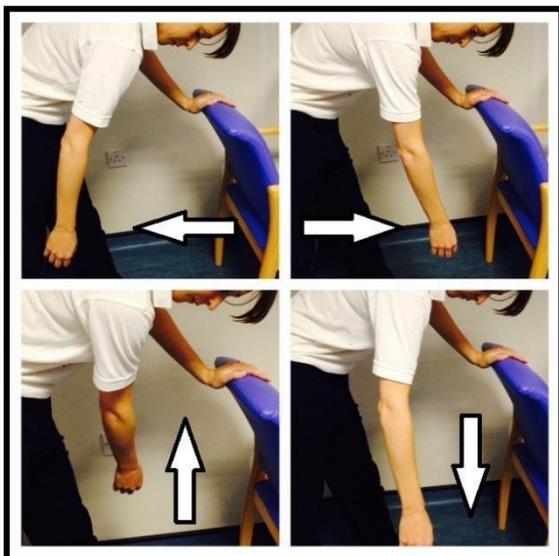
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### Postural awareness

Bring your shoulders back and squeeze your shoulder blades together as shown in the picture. Do this with or without your sling on.

Hold the position for 20-30 seconds and repeat 5 times provided there is no increase in symptoms.



### Shoulder pendulum exercises

Stand and lean forward supporting yourself with your other hand. Try to relax your injured arm and let it hang down.

1. Swing your arm slowly and gently forwards and backwards.
2. Swing your arm slowly and gently side to side.
3. Swing your arm slowly and gently in circles clockwise.

Continue for approximately 1-2 minutes in total provided there is no increase in symptoms. Remember to try and relax your arm.

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