

Clavicle fractures in children

This leaflet offers more information about your child's clavicle fracture.

If you have any further questions or concerns, please speak to the staff member in charge of your care.

What is a clavicle fracture and why has my child got one?

A clavicle fracture is a fracture of the collar bone, which is common in children after the sort of fall they may have doing sport or a similar activity – usually with their arm at their side.



What are the signs and symptoms?

Your child may have pain or discomfort when they move, making them not want to use their arm. Getting dressed may be very painful and difficult at first.

Will my child need any tests to confirm the diagnosis?

Sometimes an X-ray may be needed to confirm the diagnosis and guide your child's treatment.

What treatments are available?

This type of fracture heals well and is usually treated in a sling with painkillers as needed by your child. Symptoms should be better within three weeks and no further X-rays should be needed.

There may be a bump over the fracture - this is normal and is just made by the bone as it heals. The bump may take up to a year to disappear, and if your child is older than ten, it may stay permanently.

What happens if my child does not get treatment?

Your child may feel discomfort for longer or the fracture may not heal properly if it is not treated.

Is there anything my child can do to help themselves?

Your child's collar bone will probably be painful for about three to six weeks. They may find it more comfortable to sleep sitting up for the first few days after the injury.

About two weeks after the injury, or sooner if comfortable, they can move their shoulder and arm out of the sling if this helps.

Contact us

If you have any questions or concerns about your 5th metatarsal fracture, please discuss them with your surgeon or nurse practitioner at your clinic appointment, or contact the fracture clinic on 020 8672 1255 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

