

# FRACTURED CLAVICLE ADVICE SHEET

- You need to wear a sling until told otherwise
  - Make sure that the elbow is kept bent to 90 degrees and that the shoulders are level
  - Keep shoulder blades back and chest out
- Put the sling on first and then dress over the top of the sling to avoid moving your sore arm.
- It will be handy to have two slings - one for showering and another to replace afterwards.
- It is usually more comfortable to sleep more upright (use pillows to prop up into a semi-sitting position).
- While you should keep your shoulder still initially, stretch your wrist and hand to prevent stiffness.
- It is usually uncomfortable for a week or two – take regular analgesia until pain settles.
- You should not play sports or any other activity where you could fall over or knock your shoulder for about 10-12 weeks (or until told otherwise)

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Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.

