

## VFC - Collarbone fracture (Children) EN

### Collarbone fracture (children)

Your child has a fractured collarbone (clavicle). This fracture is treated with a sling.



### Samenvatting

- Your child has a fractured collarbone.
- This type of injury almost always heals well without any loss of function.
- A routine follow-up is not necessary for this type of injury.
- You can remove the sling as soon as your child's pain allows you to do this. During the night you do not have to wear the sling. Use the sling for max. 4 weeks
- To prevent the shoulder from getting stiff, it is important that your child starts moving the shoulder and arm as soon as possible. Only use the shoulder when the pain allows this.
- You can find instructions on how to reapply the sling in the app.

If you have any questions or problems during the recovery, do not hesitate to contact us on workdays from 09:00 – 11:00 AM – 2:00 – 4:00 PM via the Fracture Hot Line.

### Treatment

A fractured collarbone is a common injury in children. The fracture is treated with a sling. If your child is young and won't wear the sling, this is not a problem. Collarbone fractures almost always heal without any problems or complications.

<b>0-4 weeks</b>
<ul style="list-style-type: none"> <li>Wear the sling, remove it as soon as your child's pain allows this. Start moving the shoulder and arm as soon as possible, to prevent the shoulder from getting stiff. Only use the shoulder when the pain allows this</li> </ul>
<b>4-6 weeks</b>
<ul style="list-style-type: none"> <li>Let your child move the shoulder if the pain allows this.</li> </ul>
<b>After 6 weeks</b>
<ul style="list-style-type: none"> <li>Gradually start sports.</li> </ul>

## Instructions

Follow these instructions for a good recovery.

- The sling keeps your child's arm in a comfortable position for a few days to weeks.
- You can remove the sling as soon as your child's pain allows you to do this. During the night you do not have to wear the sling. Use the sling for a maximum of 4 weeks.
- To prevent a stiff shoulder it is important that your child starts moving his/her shoulder as soon as possible. Only use the shoulder when your child's pain allows you to do this.
- Activities such as sports can be done after 6 weeks when your child's pain allows you to do this. It is no problem to wait longer with these activities.
- Is your child in pain? Use a mild pain killer such as paracetamol (acetaminophen). Do not wait with the use of paracetamol until the pain is too much.

## Recovery

- This type of injury almost always heals well with time and use – no specific treatment is required and routine follow-up is unnecessary.
- As the bone heals, a bump may appear over the fracture. This is normal, it is the result of bone healing. This does not affect the function of your child's shoulder.
- Physiotherapy is not necessary. If you are not satisfied with the function of your child's shoulder after 6 weeks, you can ask for a referral to a physiotherapist from your general practitioner. However, a referral is not required.
- Does the pain get worse or has the pain not subsided after 3 weeks? Please contact the Fracture Hot Line. If a check-up seems necessary, we will schedule an appointment.

## Reapply the sling

Instructions on how to reapply the sling can be found in the video below.

Sling double loop:

<https://www.youtube.com/watch?v=5dudzpsQRqo&feature=youtu.be>

Sling single loop:

<https://www.youtube.com/watch?v=l2rx-pgpuNg>

## Exercises

To prevent a stiff shoulder it is important that your child starts moving the shoulder as soon as possible. Only use the shoulder when the pain allows you to do this. No specific exercises are necessary.

### Any questions?

Do you have any questions after reading this information? Ask your question via Laurentius hospital Fracture Hot Line.

### Virtual Fracture Care App

Find more information about your injury in our app. The app also includes exercises that promote your recovery. You can find the app in the App Store (iPhone) or Google Store (Android).



You can also scan the QR code. You will then automatically be redirected to the app.

### Contact

#### Fracture Hot Line

T 0475-38 22 11  
(business days from 09:00 – 11:00 AM – 2:00 – 4:00 PM)

*Source brochure: Proefschrift Virtual Fracture Care: Direct ontslag vanaf de SEH voor patiënten met simpele stabiele letsels*

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