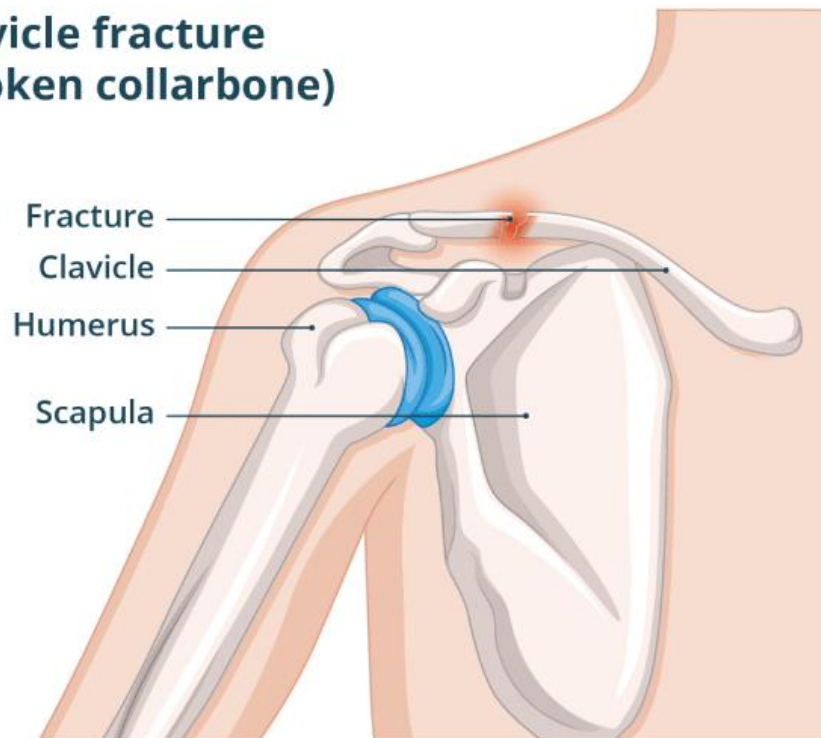


Collarbone Fracture

Clavicle fracture (broken collarbone)



What is a Collarbone Fracture?

A collarbone fracture, or clavicle fracture, occurs when the collarbone breaks. This injury is common in both adults and children, often resulting from falls, sports injuries, or direct blows to the shoulder.

Anatomy of the Collarbone

The collarbone is a long, slender bone that connects the arm to the body. It helps stabilize the shoulder and supports the shoulder joint's function.

Symptoms

Common symptoms of a collarbone fracture include:

- **Severe Pain:** Pain is usually felt at the site of the fracture and may worsen with movement.
 - **Swelling and Bruising:** The area may become swollen and discoloured.
 - **Deformity:** A visible bump or a prominent end of the bone may be noticeable.
 - **Limited Range of Motion:** Difficulty lifting the arm or moving the shoulder.
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Diagnosis

1. Physical Examination:

A healthcare provider will assess your symptoms and examine the shoulder area for swelling, deformity, and pain response.

2. Imaging Tests:

- **X-rays:** The primary method for diagnosing a collarbone fracture. X-rays will show the fracture's location and severity.
 - **CT Scan or MRI:** In some cases, additional imaging may be required to evaluate soft tissue damage or complex fractures.
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Treatment Options

Treatment for a collarbone fracture depends on the fracture's type and severity:

1. Conservative Treatment:

For most simple fractures, conservative treatment is effective and includes:

- **Rest:** Avoid activities that aggravate the pain.
- **Immobilization:** A figure-of-eight sling or a regular arm sling may be used to keep the arm still and support the shoulder.
- **Ice Therapy:** Applying ice packs for 15-20 minutes several times a day can help reduce swelling and pain.
- **Pain Management:** Over-the-counter pain relievers, like ibuprofen or acetaminophen, can be used to manage discomfort.

2. Surgical Treatment:

In cases where the fracture is severe or the bones are displaced, surgical intervention may be necessary:

- **Open Reduction and Internal Fixation (ORIF):** This procedure involves realigning the bone fragments and securing them with plates and screws.
- **Pinning:** For specific types of fractures, pins may be used to hold the bones together.

Rehabilitation

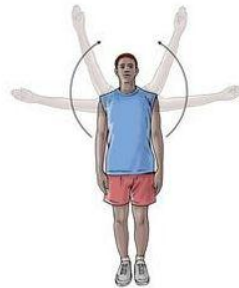
After initial treatment, rehabilitation is vital for a full recovery:

- **Physical Therapy:** A physical therapist will develop a personalized rehabilitation plan, including range-of-motion exercises and strength training.
- **Gradual Return to Activities:** Activities will be reintroduced progressively, focusing on avoiding re-injury.

Broken Collarbone Rehabilitation Exercises



Shoulder flexion



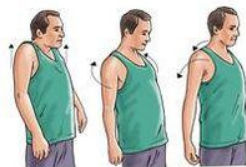
Shoulder abduction



Horizontal shoulder abduction



Shoulder extension



Scapular active range of motion



Side-lying horizontal abduction

Prevention Tips

While not all fractures can be prevented, you can reduce your risk by:

- **Strength Training:** Engage in exercises that strengthen shoulder and chest muscles.
- **Proper Technique:** Use proper techniques when participating in sports or physical activities.
- **Protective Gear:** Wear appropriate protective equipment during contact sports.

When to Seek Medical Attention

If you suspect a collarbone fracture due to a fall or injury, seek medical help immediately. Prompt diagnosis and treatment are crucial for effective recovery.