

Your child has a fractured clavicle (broken collar bone). This fracture generally occurs in the middle of the bone. These fractures heal well with rest and time.

This information booklet is used as additional information to what was discussed with your health care providers at the time of your visit.

### Is this injury frequent?

Yes, clavicle fractures are amongst the most frequent fractures.

### Is my bone broken?

A fracture is the term used to say that the bone is broken or cracked. For the bone to heal, time and movement restriction are necessary.

### How is this injury treated?

An arm sling called Stevenson should be worn for **comfort for three (3) weeks**, as put in place during your emergency room visit. Encourage your child to move the elbow, hand, and fingers, to prevent tingling in the arm and limit stiffness. (You can do that by keeping the arm attached at the sling, but detaching the wrist and gently moving the elbow, wrist, and fingers.)

### How to reduce the pain associated

further questions. Generally, your child will need these medications for 2 to 5 days after the injury.

### How long does it take to heal?

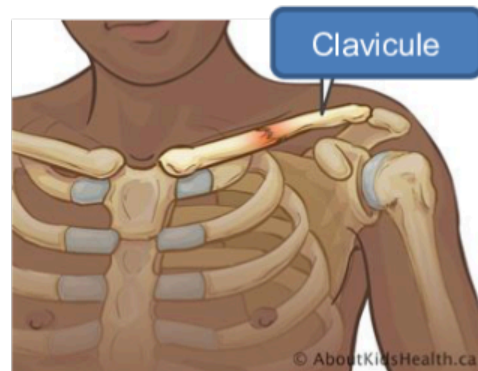
A broken bone takes about 3 to 4 weeks to heal, depending on the child's age. Remove the sling after 3 weeks and begin gentle and progressive shoulder movements. After wearing the sling, your child can return to **non-contact** activities such as swimming, as soon as tolerated. However, **activities with a risk of fall or contact sports are to be avoided for 2 months in preschool-aged children, and 3 months in school-aged children.**

Do not worry about the alignment of the bone. Remodeling or reshaping of the bone will occur and the bone will get back to the appropriate shape. A lump at the fracture site is **quite normal** and may take about a year to disappear. It consists of the healing bone formation which allows for complete healing of the injury. In older children a small bump may remain, but this will not limit your child in any way.

### Do I have to follow-up with my doctor?

Most children and adolescents with clavicle fractures where the bone is little to not displaced **DO NOT require** medical follow-up or any follow-up imaging.

A certain proportion of adolescents with very displaced fractures will be followed in orthopedics. The orthopedic team will determine the appropriate time for this follow-up to occur, between 1 to 4 weeks. The team will ensure healing of the fracture and



DÉPLIANT D'INFORMATION  
À L'INTENTION DES PARENTS



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