

Fractured collarbone in children

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

Treatment

A fractured collarbone is a common injury in children. The fracture is treated with a sling. Most likely, a collarbone fracture heals completely.



Time	Treatment
0-4 weeks	Wear a sling, remove it as soon as pain allows this Move the shoulder, if the pain allows this
After 4 weeks	Start sports

Instructions

Follow the instructions for an optimal recovery.

- Wear the sling. The sling keeps your arm in a comfortable position for a few weeks.
- You can remove the sling as soon as the 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 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.
- Activities, such as sports, can be done after 4 weeks when the 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, for example paracetamol. Do not wait with paracetamol until the pain is too much.

Recovery

- This fracture almost always heals well with time and use – no specific treatment is required and therefore routine follow-up is unnecessary.
- The bump over the fracture is quite normal and is produced by healing bone. It may take up to one year to disappear. If your child is older than ten years a small bump may remain. This does not affect the function of the shoulder.
- Does the pain increase, or does it not get better? Please contact the fracture-phone (Breuklijn). We will make an appointment if it is needed.
- Physiotherapy is not necessary. Are you not satisfied with the function of the shoulder after 6 weeks? You can ask for a referral for the physiotherapist from your general practitioner.

Questions?

U can always call us.

Do you still have questions after reading the folder? Contact the hospital 'Fracture' phone, number 020 – 634 6194 available Monday – Friday 10.00-12.00 and 13.00-16.00. Do you have questions about payment or insurance? Contact your insurance company or visit www.bovenij.nl page 'Kosten en verzekering' (in Dutch).

Contact BovenIJ Hospital

Fracture-Phone (Breuklijn) Mo – Fr 10.00-12.00 13.00-16.00	020 - 634 6194
Emergency Department	020 - 634 6200

Dissatisfied?

For us it is important that our patients are satisfied. That is why we aim to treat you as well as possible during your visit. Despite our effort, it is possible that situations occur which can make you feel unhappy. Are you dissatisfied? Please let us know, so we can find a solution together.

Address BovenIJ Hospital

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Statenjachtstraat 1
1034 CS Amsterdam

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