INFORMATIE OVER

Fractured collarbone in children

Your child has a fractured collarbone. This fracture is treated with a sling. This brochure provides more information.

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 you 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?

You can always call us. Please contact the fracture-phone (Breuklijn): 020 – 634 6194.

More information online

App BovenIJ Trauma

In our app, BovenIJ Trauma, you can find more information about your injury. You can also find exercises here to improve your recovery. You can find the app in the Appstore (iPhone) and in the Google Store (Android).

Afdelingen

Spoedpost

Telefoonnummer	020-634 6200
Openings- en bezoektijden	24 uur per dag
Route	Via ingang Spoedpost (achterzijde van het ziekenhuis)

https://www.bovenij.nl/aandoening-behandeling/fractured-collarbone-in-children/fractured-collarbone-in-children
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