

700 Children's Drive  
Columbus, Ohio 43205-2696  
nationwidechildrens.org

## CLAVICLE FRACTURE

Each clavicle (collarbone) extends from the top of the sternum (breastbone) to the shoulders (Picture 1).

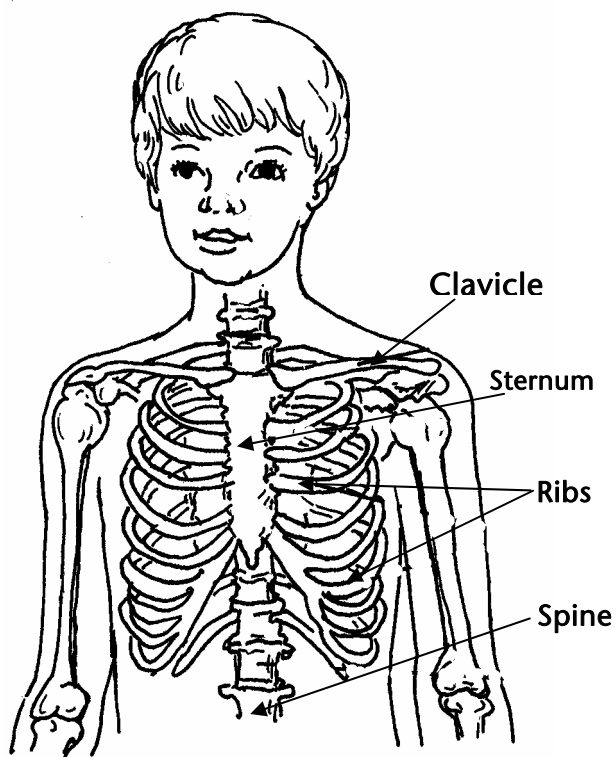
If the clavicle is fractured (broken), a clavicle strap can help keep the two parts of the bone aligned (lined up). The strap also helps prevent painful movements of the parts of the bone. Your child will have to wear the strap for 2 to 4 weeks.

### WHEN TO CALL THE DOCTOR

For the first 24 hours, check your child's fingers every 4 to 6 hours for signs of poor circulation or poor nerve function. Look for these signs:

- Swelling of the hands or fingers.
- Pale or blue coloring of the fingers.
- Coolness of the arm or hand.
- Complaints of tingling in the arms or hands.
- Muscle weakness in the arms and hands.

If any of these signs are present, call your child's doctor.



Picture 1 The clavicle bone inside the body.

### WHILE YOUR CHILD WEARS A CLAVICLE STRAP

- The strap should be tightened so that the shoulders are pulled back and down (Pictures 2 and 3, page 2). Check the strap several times during the first day to be sure the closures are fastened securely.
- Starting on the second day tighten the straps every day or two for 7 to 10 days because the straps will stretch. Make sure the child's shoulders are pulled back when you tighten the straps.
- Your child will wear the clavicle strap day and night until the doctor says to keep it off. He or she should **not** remove it, even for bathing. Give your child a sponge bath instead, being careful to keep the strap dry.
- Your doctor will tell you when you may remove the strap for bathing. Put the clavicle strap back on immediately after the bath.

## CLOTHING

- Your child should wear clothing that closes in the front or back - **not** pullover shirts.
- When dressing your child, put the arm with the broken collar bone into the sleeve first. When undressing your child, take the good arm out of the sleeve first.

## SKIN CARE

- When you bathe your child, look for signs of skin irritation from the strap.
- If redness is present, especially under the arms, gently rub cornstarch on the irritated skin.
- If redness continues or the skin becomes raw, call your doctor or clinic.

## ACTIVITY

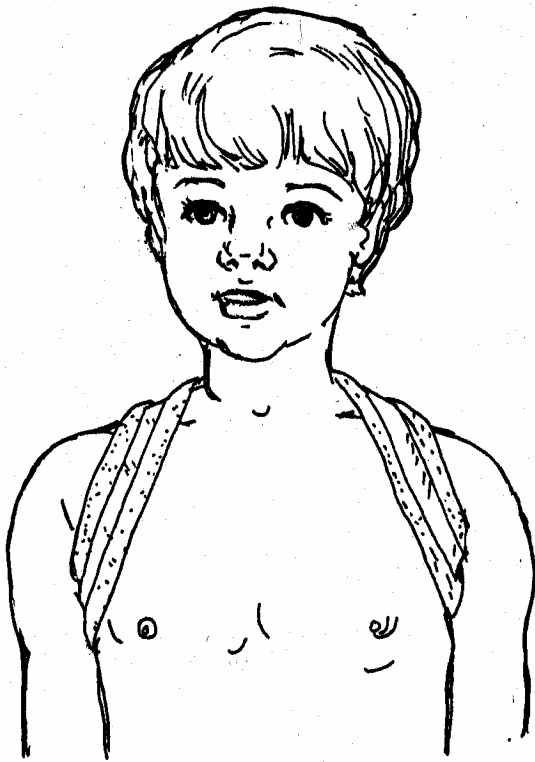
- Your child should not play any contact sports and should not lift or pull anything with the affected arm.
- Your child should be lifted by the chest or waist only, **not** by the arms and not under the arms.
- When holding your child's hand, hold the hand of the unaffected side.

## FOLLOW-UP APPOINTMENTS

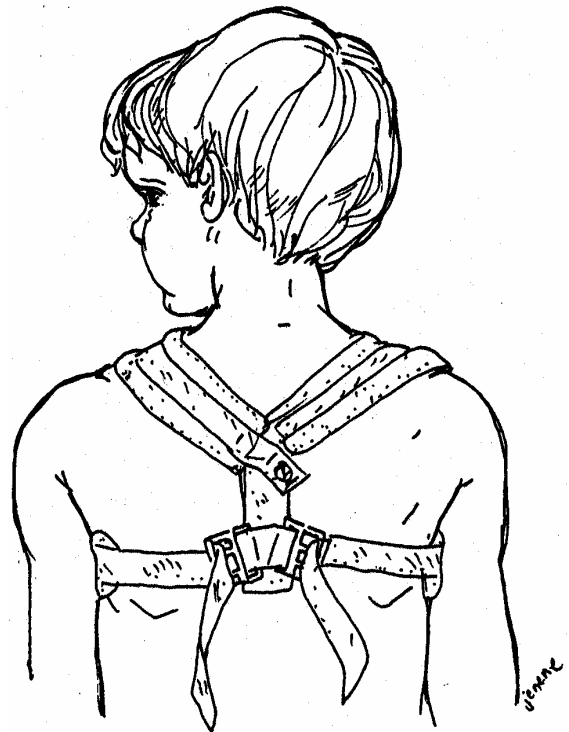
Make an appointment with your child's doctor or clinic for 1 to 2 weeks from now.

If you need a doctor for your child, call the Children's Hospital referral and Information Line at (614) 722-KIDS.

If you have any questions, be sure to ask your doctor or nurse.



Picture 2 Front view of clavicle strap.



Picture 3 Back view of clavicle strap.