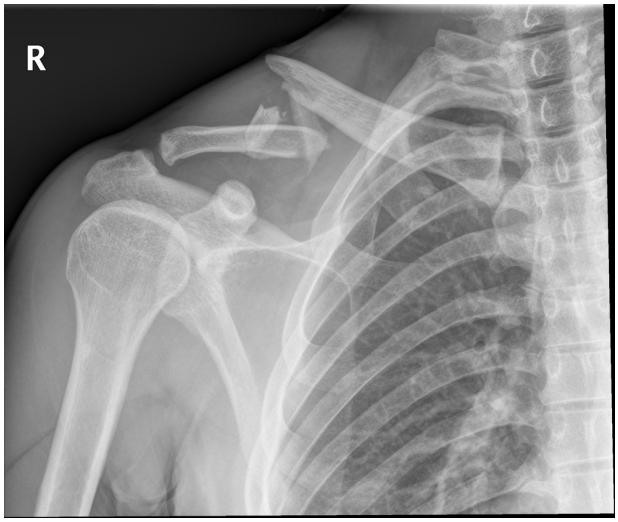
DR BOB JANG

Orthopaedic Surgeon

Patient Name _____

Follow-Up Appointment: _____

CLAVICLE FRACTURES



Thank you for choosing Dr Jang for your healthcare needs. This patient information sheet aims to provide you with important details regarding clavicle fractures, including their causes, symptoms, diagnosis, treatment options, and recovery process. Please read this information carefully and feel free to ask any questions you may have during your consultation with your physician.

What is a Clavicle Fracture?

A clavicle fracture, also known as a broken collarbone, is a common injury that occurs when the clavicle bone (collarbone) breaks due to direct trauma or impact. The clavicle is a long bone located between the sternum (breastbone) and the shoulder blade. Fractures can range from hairline cracks to complete breaks.

Causes:

Clavicle fractures are often caused by the following factors:

- Falls onto the shoulder or outstretched arm
- Direct impact or trauma to the collarbone, such as during sports-related activities, motor vehicle accidents, or falls
- Birth trauma in newborns during difficult deliveries

Symptoms:

Symptoms of a clavicle fracture may include:

- Pain and tenderness over the collarbone
- Swelling and bruising around the affected area
- Difficulty in moving the arm or shoulder
- Visible deformity or bump at the fracture site
- A grinding or cracking sound at the time of injury

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- Pain worsens with arm movement or pressure on the collarbone

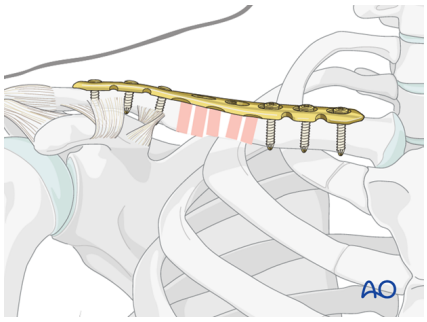
Diagnosis:

To diagnose a clavicle fracture, your physician may perform the following:
- Physical examination: Assessing the range of motion, tenderness, swelling, and deformity around the collarbone.
- X-ray: Imaging tests to visualise the fracture and determine its location, severity, and alignment.
- CT scan: In some cases, a computed tomography (CT) scan may be recommended to evaluate complex fractures or assess surrounding structures.

Treatment Options:

Treatment for clavicle fractures depends on the severity and location of the fracture. The options may include:
1. Non-Surgical Treatment:
- Sling or Brace: Wearing a sling or brace to immobilise the arm and provide support to the fractured clavicle while it heals.
- Pain Management: Prescribing pain relievers or anti-inflammatory drugs to manage pain and reduce swelling.
- Physical Therapy: Engaging in exercises to maintain shoulder mobility and prevent stiffness.

2. Surgical Treatment:
- Open Reduction and Internal Fixation: In severe cases with significant displacement or multiple fractures, surgery might be necessary. The procedure involves realigning the fractured bones and securing them with plates, screws, or rods.



Recovery and Rehabilitation:

The recovery period for a clavicle fracture varies depending on the severity of the injury and the chosen treatment. Here are some general guidelines:
- Immobiliation: If you are wearing a sling or brace, it is important to follow your physician's instructions regarding duration and care.
- Physiotherapy: Your physician may recommend physiotherapy sessions to help restore shoulder strength, flexibility, and range of motion.
- Follow-Up Appointments: Attend all scheduled appointments to monitor your progress and ensure proper healing.

Precautions and Self-Care:

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During your recovery, it is essential to follow these self-care measures:
- Avoid activities that strain the injured shoulder or collarbone.
- Apply ice packs to reduce swelling and pain.
- Take prescribed medications as directed by your physician.
- Follow the recommended rehabilitation exercises provided by your physical therapist.
- Report any unusual symptoms or concerns to your physician promptly.

Contact Information: If you have any questions, concerns, or need to schedule an appointment, please contact Dr Jang at the following:
- Phone: 02 8078 6621, 02 9525 2055
- Email: admin@drbobjang.com.au or reception@orthocentre.com.au
- Address: Caringbah/Bankstown/Strathfield.

Disclaimer: This patient information sheet is for educational purposes only and does not replace the advice and guidance of a qualified healthcare professional. Individual cases may vary, and treatment options may differ based on specific circumstances. Always consult your physician for accurate diagnosis and personalised treatment plans. Dr Jang is committed to providing exceptional care and support throughout your recovery journey. We wish you a speedy recovery and improved health.

Yours sincerely,
Dr Bob Jang
Orthopaedic Surgeon.
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