

# Broken Collarbone (Fractured Clavicle)

## **What is a broken collarbone?**

A broken collarbone is a break in the clavicle, the bone in your upper chest that connects your breastbone (sternum) to part of your shoulder blade (scapula). A broken collarbone is also known as a fractured clavicle.

## **How does it occur?**

A broken collarbone can occur in several ways. You may fall on your outstretched arm and hand, you may fall on your shoulder, or you may be hit directly in the collarbone.

## **What are the symptoms?**

You have pain and swelling at the area of the break. It is difficult to move your arm or shoulder. You may have heard a crack at the time of the injury.

## **How is it diagnosed?**

Your health care provider will examine your collarbone and find tenderness and swelling. An x-ray will show a fracture.

## **How is it treated?**

To ease your discomfort, your collarbone may be immobilized in a "figure of 8" splint or brace that holds your shoulders back (as if you were standing at attention). Your arm may be placed in a sling. It may take 6 to 12 weeks for your clavicle to heal.

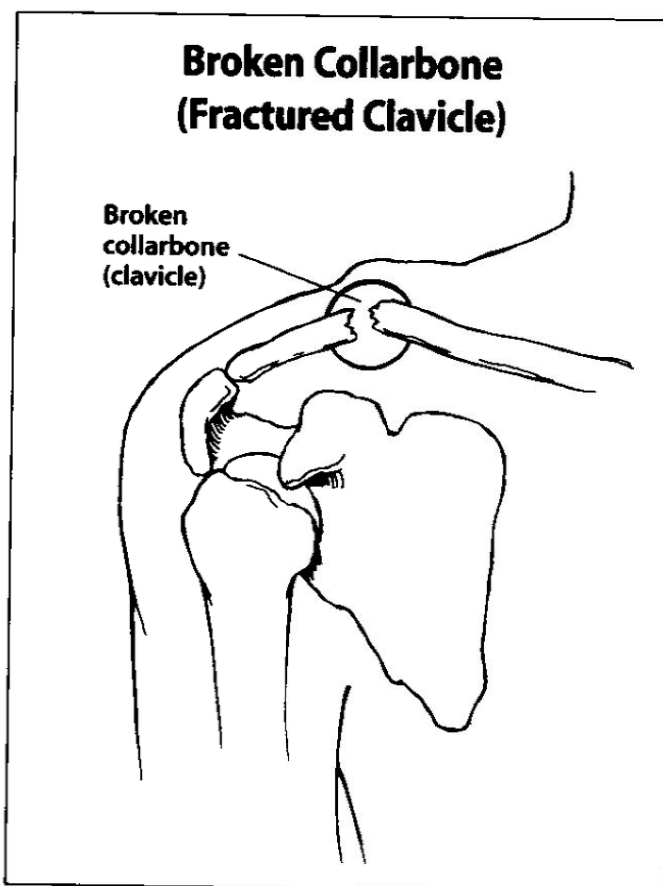
## **When can I return to my sport or activity?**

It is important that the clavicle is fully healed before you return to your sport or activity so your collarbone doesn't break again. You must be able to move your clavicle, shoulder, and arm without pain. Your health care provider may take another x-ray to be sure that the bone has healed.

You can begin rehabilitation exercises after your broken collarbone has healed and after you've seen your provider.

## **How can I prevent a broken clavicle?**

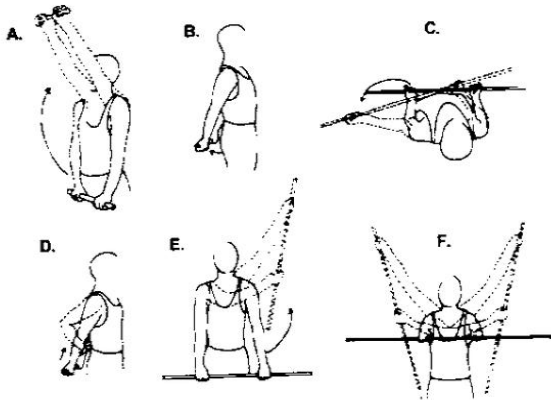
Clavicle fractures are usually the result of accidents that cannot be prevented.



# Broken Collarbone Rehabilitation Exercises

## Phase I

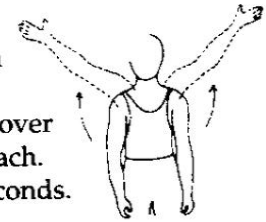
### 1. WAND EXERCISES



- A. FLEXION:** Stand upright and hold a stick in both hands, palms down. Stretch your arms by lifting them over your head, keeping your elbows straight. Hold for 5 seconds and return to the starting position. Repeat 10 times.
- B. EXTENSION:** Stand upright and hold a stick in both hands behind your back. Move the stick away from your back. Hold the end position for 5 seconds. Relax and return to the starting position. Repeat 10 times.
- C. EXTERNAL ROTATION:** Lie on your back and hold a stick in both hands, palms up. Your upper arms should be resting on the floor, your elbows at your sides and bent 90°. Using your good arm, push your injured arm out away from your body while keeping the elbow of the injured arm at your side. Hold the stretch for 5 seconds. Repeat 10 times.
- D. INTERNAL ROTATION:** Stand upright holding a stick with both hands behind your back. Place the hand on your uninjured side behind your head grasping the stick, and the hand on your injured side behind your back at your waist. Move the stick up and down your back by bending your elbows. Hold the bent position for 5 seconds and then return to the starting position. Repeat 10 times.
- E. SHOULDER ABDUCTION AND ADDUCTION:** Stand upright and hold a stick with both hands, palms down. Rest the stick against the front of your thighs. While keeping your elbows straight, use your good arm to push your injured arm out to the side and up as high as possible. Hold for 5 seconds. Repeat 10 times.

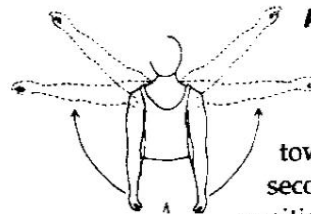
- F. HORIZONTAL ABDUCTION AND ADDUCTION:** Stand upright and hold a stick in both hands. Place your arms straight out in front of you at shoulder level. Keep your arms straight and swing the stick to one side, feel the stretch, and hold for 5 seconds. Then swing the stick to the other side, feel the stretch, and hold for 5 seconds. Repeat 10 times.

- 2. SHOULDER FLEXION:** Stand with your arms hanging down at your side. Keep your elbow straight and lift your arms up over your head as far as you can reach. Hold the end position for 5 seconds. Do 3 sets of 10.

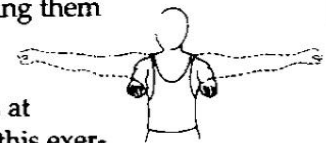


### 3. SHOULDER ABDUCTION AND ADDUCTION:

- Stand with your arms at your sides. Bring your arms up, out to the side, and toward the ceiling. Hold for 5 seconds. Return to the starting position. Repeat 10 times.



- 4. HORIZONTAL SHOULDER ABDUCTION AND ADDUCTION:** Stand with your arms held straight out in front of you at shoulder level. Pull your arms apart and out to the sides as far as possible. Hold them back for 5 seconds, then bring them back together in front of you. Repeat 10 times. Remember to keep your arms at shoulder level throughout this exercise.



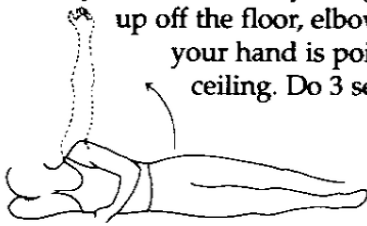
- 5. SHOULDER EXTENSION:** Stand with your arms at your side. Move the arm on your injured side back, keeping your elbow straight. Hold this position for 5 seconds. Return to the starting position and repeat 10 times.

- 6. SCAPULAR RANGE OF MOTION:** Stand and shrug your shoulders up and hold for 5 seconds. Then squeeze your shoulder blades back and together and hold 5 seconds. Next, pull your shoulder blades downward as if putting them in your back pocket. Relax. Repeat this sequence 10 times.

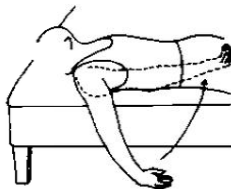


**Phase II**

**7. SIDELYING HORIZONTAL ABDUCTION:** Lie on your uninjured side with your injured arm relaxed across your chest. Slowly bring your injured arm up off the floor, elbow straight, so that your hand is pointing toward the ceiling. Do 3 sets of 10. Hold a weight in your hand as the exercise becomes easier.

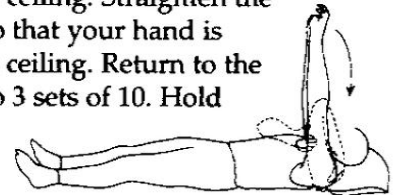


**8. PRONE SHOULDER EXTENSION:** Lie on your stomach on a table or a bed with the arm on your injured side hanging down over the edge. With your elbow straight, slowly lift your arm straight back and toward the ceiling. Return to the starting position. Do 3 sets of 10. As this becomes easier, hold a weight in your hand.

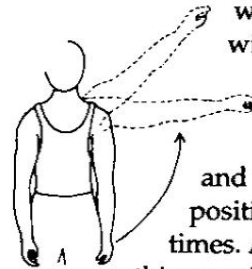


**9. BICEPS CURLS:** Stand and hold some kind of weight (soup can or hammer) in your hand. Bend your elbow and bring your hand (palm up) toward your shoulder. Hold 5 seconds. Slowly return to your starting position and straighten your elbow. Do 3 sets of 10.

**10. TRICEPS STRENGTHENING:** Lie on your back with your injured arm pointing toward the ceiling. Bend your elbow completely, so that your hand is resting on the same shoulder and your elbow is pointing toward the ceiling. Straighten the elbow completely so that your hand is pointing toward the ceiling. Return to the starting position. Do 3 sets of 10. Hold a weight in your hand when this becomes too easy.



**11. SINGLE ARM SHOULDER ABDUCTION:** Stand with your arms at your sides with your palms resting against your sides. With your elbow straight, lift the arm on your injured side out to the side and toward the ceiling. Hold the position for 5 seconds. Repeat 10 times. Add a weight to your hand as this exercise becomes easier.



**12. SINGLE ARM SHOULDER FLEXION:** Stand with your injured arm hanging down at your side. Keeping your elbow straight, bring your arm forward and up toward the ceiling. Hold this position for 5 seconds. Do 3 sets of 10. As this exercise becomes easier, add a weight.

