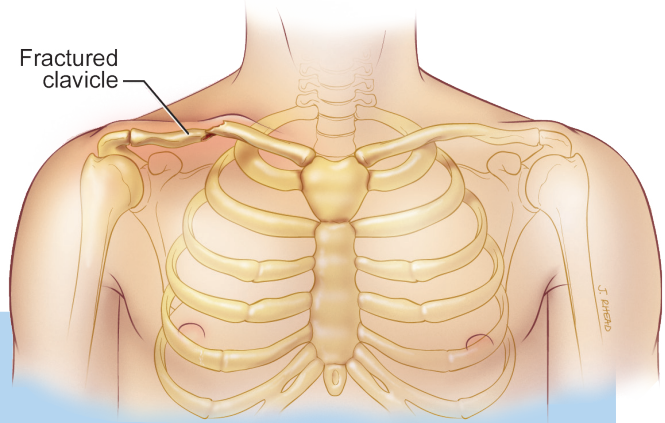




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CLAVICLE FRACTURE

The clavicle is a long “S” shaped bone that runs between the shoulder to the chest. The clavicle, also known as the collarbone, acts as a strut between the breastbone and the shoulder. It is one of the most commonly fractured bones in the body.



FACTORS THAT CONTRIBUTE TO INJURY

One cause of a clavicle fracture is a fall directly on the shoulder, forcing the clavicle to break. The clavicle can also fracture from a direct blow to the clavicle or by falling on an outstretched hand.

Clavicle injuries commonly occur in football, hockey, wrestling and rugby, however, it can happen in other sport such as soccer.

SIGNS AND SYMPTOMS

- Pain
- Swelling
- Visible deformity
- Pain with movement of the arm
- Grinding of clavicle with movement of the arm
- Muscle spasm



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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TREATMENT

- Seek medical attention immediately
- Immobilize arm and shoulder until you see MD
- RICE (Rest, Ice, Elevation, Compression. For more information see ice massage.)
- Sling or Figure-8 strap for comfort
- Sleep in semi-reclined position
- Continue to move elbow, wrist, and hand
- Healing time is typically 6 – 8 weeks as a callus is formed over the fracture site
- A bump is normal and will usually resolve or become less prominent within 1 year

