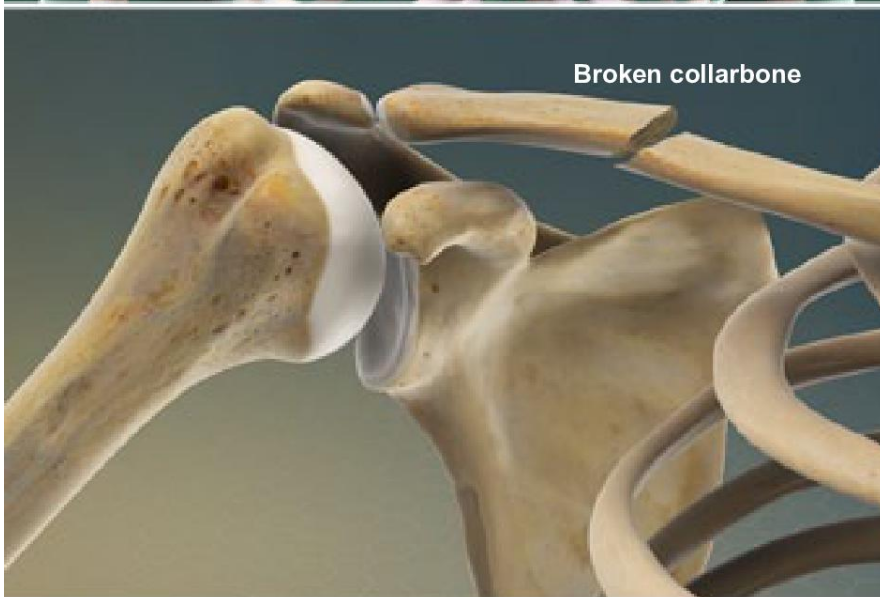




Clavicle Fracture (Broken Collarbone)



Overview

This is a common shoulder injury. It's a break of the bone that rests between the shoulder blade and the sternum. We call it the "collarbone." Your collarbones help connect your arms to your body.

Causes

You can break a collarbone by falling hard with your arm outstretched. You can also break a collarbone if you are hit hard on the shoulder. This injury can happen to athletes, during road accidents, and it can be caused by accidents in the home.

Symptoms

If you break a collarbone, you feel pain and tenderness in your shoulder. It may be hard for you to move or lift your arm. Your shoulder may sag, and you may see a bump in the skin because of the shifted bone. Your shoulder may be bruised and swollen.

Treatment

Your broken collarbone may be treated with a sling and with medications to help your pain. Physical therapy may also help. If your collarbone has shifted out of position, you may need surgery. Your healthcare provider can create a plan that is right for you.