

## Return to work and driving

Returning to work is dependent upon your type of work. For sedentary jobs you may return after 6 weeks. For physical jobs you can expect to be off work for 3 months.

You may return to driving after 6 weeks. This may depend on your pain and movement in your shoulder. It is also advisable to contact your insurance company and inform them of the surgery you have had.

If you experience any problems please contact:  
Mandy Howes, Nurse Practitioner. Tel: 01205 446848.

## References

If you require a full list of references for this leaflet please email [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

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# Clavicular Fractures & A C Joint Reconstruction

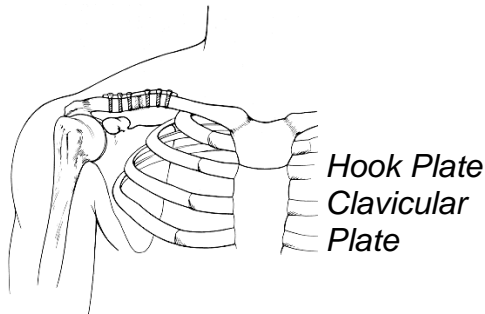
Orthopaedic Department  
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Physiotherapy: 01205 445359/446412  
Occupational Therapy: 01205 446412

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

## The Procedure

The purpose of the surgery is to repair the break in the clavicle or to stabilise the acromioclavicular joint. The surgeon will inform you regarding which procedure you have had done.



## Instructions after your operation

You will be provided with a sling for support which you should use for 4 weeks. The sling can be removed for washing and dressing and to complete exercises. Exercises should be completed every 2 hours.

### Washing and dressing

With the sling removed wash and dress the operated arm followed by the unaffected arm. You may find clothing in a stretch fabric easier to wear.

### Positioning

When sitting and lying you may want to place a pillow beneath your elbow and keep the arm slightly forwards to help decrease pain.

### Household activities

Avoid heavy household tasks for 6 weeks.

## Exercises: Day 1 to 4 weeks

### Active assisted abduction:

Grip the end of the stick with arm to be exercised.  
Lift the stick up sideways.



### Active assisted flexion:

Grasp wrist of operated arm, reach over head as far as possible.



### Wrist and elbow:

Move your elbow and wrist through their full range to prevent stiffness and tightening.

### Neck:

Keep your neck moving by looking up, down and round to look over each shoulder.

Complete 10 repetitions of each exercise every 2 hours.

## Two weeks after your surgery

Two weeks after your operation you will be reviewed by your GP/ Practice nurse. Your wound will be checked and sutures removed.

## Four weeks after your surgery

You will receive an appointment to see the nurse specialist. You will also receive a physiotherapy appointment where the range of movement and strength in your arm will be assessed and your exercises will be progressed.

At this stage you will be able to start moving your arm through full range and will no longer need to wear your sling. Your physiotherapist will provide you with further exercises and advice at your appointment.