



Clavicle injury in newborns

Your baby has had an injury to the clavicle. This is the bone that connects the breastbone to the shoulder. It is also called the “collarbone.” You may notice that your baby doesn’t move his/her arm as much on the side of the injury and may show some signs of pain.

Healing usually occurs on its own in 7-10 days. Here are some things that you can do to make your baby more comfortable and promote the healing process:

1. Place a small rolled towel or cloth about one inch in width under your baby’s armpit. This brings the arm slightly away from the body.
2. To decrease your baby’s discomfort, you want to decrease movement on the injured side. You can either swaddle your baby with the elbow bent across the chest or pin your baby’s shirtsleeve in this position. Ask your pediatric care provider to demonstrate.
3. Avoid picking your baby up under the arms on the injured side. Support your baby’s head, neck, and back.
4. Avoid moving your baby’s arm up above shoulder level.
5. When dressing your baby, dress the injured side first. Clothes that go over the head should be avoided if at all possible. Undress the injured side last.
6. Avoid laying your baby on the injured side.
7. If your baby appears to be in pain, medication may be helpful. Please talk about this with your pediatric care provider.
8. If decreased movement in the elbow, wrist, or hand persist, or if your baby continues to have pain, consult your pediatric care provider.

If you have any further questions, have your nurse contact the occupational or physical therapist on call.

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