Clavicle (Collar Bone) Strap

The clavicle strap helps keep the clavicle (collar bone) in the right position while it heals.

Home care:

Your child should wear the strap at all times, including bedtime. It should be worn under your child’s clothing.

To keep the strap from getting wet, give your child sponge baths only. A wet strap can cause sores or blisters on your child’s skin. If the strap gets wet, call the Orthopaedic Clinic at (816) 234-3075 for instructions. During evening or weekend hours, call the hospital operator at (816) 234-3000, and ask for the Orthopaedic resident on-call.

The strap is set as tight as your child can stand it to hold his shoulders back. The strap makes your child’s back really straight. This position is the best for healing. You must check the strap position every day to make sure it has not slipped.

Your child may feel uncomfortable for the first few days. You can give acetaminophen (Tylenol®) for pain. Follow the package directions for the right dose based on your child’s age and weight. Do not give more than 5 doses in 24 hours.

Follow-up care:

Call your child’s health care provider or the Children’s Mercy Hospital Information Line at (816) 234-3188 if:

- Your child feels numbness or tingling in his arms.
- Your child’s strap comes loose or out of position.
- Sores or blisters develop under or around the strap.
- Your child feels more pain after the first few days.
- You have questions or concerns about the clavicle strap.