Clavicle Fractures
OTA Boot Camp
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Historically managed nonoperatively
Not everyone did well (nonunion, malunion)

What we know:

- 75% heal without surgery
- 25% get nonunion (of these only 2/3 require surgery)
- Functional results worse with nonunion

Higher risk of nonunion:

- Age >30
- Displacement
- Comminution
- Female gender

With surgery:

- Earlier return to function
- Avoid malunion
- Only 2% nonunion
- 17% require hardware removal (might avoid with smaller implants)

Displacement best determined on upright x-ray

Can plate superior or anteroinferior
Recent interest in smaller implants (one superior and one anterointerior)
Anterior chest wall numbness unless supraclavicular nerves protected

Must have informed discussion with your patient!