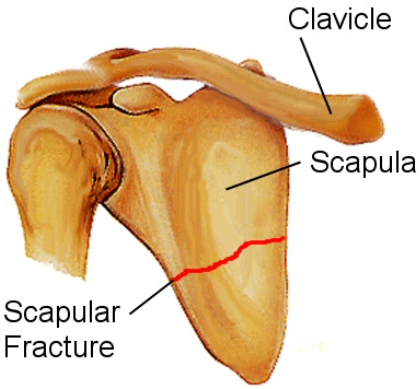
Fractured Scapula

You have a fractured shoulder blade or scapula. This may happen in auto accidents, falls, or from a direct blow to the back or shoulder. **Due to the cause of the injury, many patients with scapular fractures will also have other significant injuries. These may include more serious problems such as rib fractures or a bruised or collapsed lung**. If you have no other serious injuries, a fractured scapula can usually be treated without admission to a hospital. Healing takes 6-12 weeks.



Initial treatment includes rest of the injured side for the next 2-3 days. This reduces movement and pain. A sling will be used to rest the injured side. Ice packs on your injury for 15-30 minutes every 2 hours over the next 2-3 days to reduce pain and swelling. Pain medicine may be needed if you are very uncomfortable. Call your caregiver for a follow-up exam as recommended.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have increased pain.
- You have difficulty breathing.
- You develop a fever.
- You cough up blood.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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