



Direct to Bone. Back to Life.™



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**SONOMA<sup>™</sup>ACRx**  
CLAVICLE FRACTURE REPAIR DEVICE

## Clavicle Fractures PATIENT EDUCATION





## Clavicle Fractures

The clavicle is one of three bones that provide mobility and support for the shoulder. It is one of the most common bones in the upper extremity to fracture. It is most frequently broken due to a fall from an outstretched arm or from direct trauma to the shoulder.

The clavicle can be divided into three sections. The medial  $\frac{1}{3}$ , the middle  $\frac{1}{3}$  and the distal  $\frac{1}{3}$ . Nearly 80% of all clavicle fractures occur in the middle  $\frac{1}{3}$  region where the bone is the weakest. Distal and medial region fractures occur but are less common.

### Do I need surgery for my clavicle fracture?

Your physician will determine if surgery is required to fix your broken clavicle. Often times, if the broken bones are not displaced (far apart), your doctor may place you in a sling to protect the fracture while it heals. If the fracture is more severe, surgery may be required to implant a device that helps support the bone while it heals.

### What are my surgical options?

Your physician will determine what implant best addresses your clavicle fracture. There are several options for surgical repair of clavicle fractures. Sonoma Orthopedic Products offers a minimally invasive surgical option that places a device inside of the bone while it heals, as compared to a plate that is attached to the outside of the bone with screws.



### How does the Sonoma CRx™ clavicle fixation implant work?

The Sonoma CRx™ is a stainless steel implant that is FDA cleared to treat clavicle fractures. It is placed inside the clavicle bone by your orthopedic surgeon through small incisions. The implant is flexible to allow it to bend to the curvature of the clavicle and provides rigid support from inside the bone while the fracture heals.

### How long does the procedure take?

The surgery can be performed as a same-day, outpatient procedure in either a hospital or surgery center. Prior to your surgery, your doctor will explain the surgical procedure. The complexity of the fracture often determines the length of surgery.

### Will I experience pain?

Like other surgical procedures, you may experience pain which should be easily controlled with pain medications. The Sonoma CRx™ device is designed to be implanted by your surgeon through small incisions to minimize soft tissue trauma and pain. If you experience uncomfortable pain, you should contact your surgeon immediately.

### What do I do after my surgery?

Your doctor and physical therapist will provide you with instructions after your surgery. Many patients have reported minimal pain after surgery with the Sonoma CRx™.

***It is important to follow your healthcare professional's instructions after surgery even if you don't experience pain. Over stressing the fracture prior to it healing may lead to a malunion, nonunion, or even damage to implant which could require a secondary surgical procedure.***

Typically, after surgery you will be fitted with a sling to protect your broken clavicle for at least 4 to 6 weeks while it begins to heal. After a month, your physician will instruct you to perform some basic strengthening exercises. After 12-16 weeks, your physician may allow you to return to normal activity or sports.

### How long will it take for the fracture to heal?

Many factors can affect how bones heal. **It is important to follow the post-operative guidelines recommended by your doctor and physical therapist to avoid delaying the healing process.** Typically bones can take up to 8 to 12 weeks to heal.

### Can the Sonoma CRx™ implant be removed?

The Sonoma CRx™ is designed to be removed. Your surgeon will determine if and when it is appropriate to remove the device after your clavicle heals. This will require a minor surgical procedure.

### How can I learn more about clavicle fractures and the Sonoma CRx™ implant?

The manufacturer of the Sonoma CRx™ is Sonoma Orthopedic Products. They have a website that contains additional information and patient educational material. [www.sonomaorthopedics.com](http://www.sonomaorthopedics.com)