Broken Shoulder Blade Treatment

Self-Care at Home

Because shoulder blade fractures are often associated with severe, potentially life-threatening injuries, they should be evaluated in a hospital's emergency department.

- Immobilize the arm immediately. Don't move it. This can be accomplished with a sling looped over the neck and the bent elbow, which holds the affected arm close to the body.

- Apply ice to the area to reduce swelling and discomfort.

- Apply ice for 20 minutes at a time, and avoid direct contact of the ice to the skin.

Medical Treatment

The goal of treatment is to maintain function of the shoulder. Most fractures of the body of the scapula are treated without surgery.

- Ice is used for swelling, and pain medications are used for pain control.

- The shoulder is immobilized in a shoulder sling for 3-4 weeks until the pain goes away.

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- When to Seek Medical Care
- Exams and Tests
- Next Steps
- Prevention
- Outlook

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