

# Operative versus nonoperative treatment of displaced midshaft clavicle fractures: A randomized clinical trial

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Patients with completely displaced midshaft clavicle fractures were randomized to either nonoperative treatment with a sling or to operative treatment with a reconstruction plate. Outcome measures were Constant shoulder Score (CS), Disability of the Arm, Shoulder and Hand (DASH) score, pain, fracture healing, and complications. Follow-up time was one year.

Sixty patients were randomized to study. No difference was found between the groups in Constant shoulder Score ( $p=0.90$ ), in DASH score ( $p=0.81$ ), or in pain ( $p=0.88$ ) at one year follow-up. All fractures in the operative group healed. In the nonoperative group there were six nonunions (24%).

With nonoperative and operative treatment of displaced midshaft clavicle fractures equal functional outcomes can be attained at one year follow-up. High risk of nonunion is related to nonoperative treatment, but it seems not to impair shoulder function.