



CLIENT TESTIMONIAL

Fractured Clavicle & (undetected) Fractured 2nd Rib

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Setting the scene...

Picture this: the final day of the summer holidays down at the coast, and the last chance to fly the kite on the beach with your sons, aged 9 and 11. It's a 6m² foil kite and the wind is gusting over 45kph.



An experienced kite flyer, Mike (*not his real name*) held the kite to his right, where it would hover as the wind passed through its foils, and called his son over to join him. The kite looked to be dropping, so Mike wanted to adjust it – and that's the last thing he recalled before waking up a few seconds later a good 6m down the beach. His wife and sons later told him that the kite had picked him at least 2m off the ground and deposited him on his left shoulder and neck.

At first Mike felt pain, but thought it was merely bruising from the landing.

The family continued with their evening, but the pain became progressively worse. Eventually Mike got his wife to take him to the ER.

Five painful X-Rays later, Mike was diagnosed as having a fractured left clavicle. The fracture had not separated, so no operation was deemed necessary. Painkillers were prescribed and Mike was sent off with a sling.



Image depicting a fracture of the (right) clavicle

The journey back to Jo'burg commenced the next day, including a

stop off at a family farm. It was during the two-day stopover that Mike felt that things were not as they should be as his pain levels were escalating – to the point that certain movements would leave him in tears.

Help was needed...

Back in Jo'burg, Mike's first course of action was to phone Sam at Physiodynamix and ask for her first available appointment the next day (6th January).

Sam was shocked to see the level of pain Mike was in, as he was pale and unable to move comfortably at all. Mike says, "Sam was very cautious and wouldn't treat me at all until I had had more X-Rays- this time of the shoulder from various angles but also the neck and spine, as she wanted to rule out any injury to those structures". The new X-Rays revealed that Mike's clavicle had shifted since the original X-Rays, and also that his 2nd rib was fractured – something the first round of X-Rays had not picked up.

The next day Mike underwent surgery and a plate was inserted into his

clavicle. This stabilized the injury and meant almost immediate relief from the extreme pain.



Image showing plate inserted to fix left clavicle break

Shortly after the op Mike started experiencing sharp pain in his right shoulder blade. He sought Sam's help again and she identified this as the result of the sudden jerk from the kite as it lifted Mike off the ground. Her correct diagnosis and treatment meant that Mike was without pain in that area within a day or two.

Mike then developed excruciating mid-spine pain, and once again swiftly sought Sam's help. Two treatments later, this was also a thing of the past. Since these episodes, Mike has been pain free, and the recovery from the collarbone plate insertion has gone well.

Five weeks after the op...

On the day Physiodynamix spoke with Mike, five weeks had passed since the operation on 7th January, and he has a golf game planned for a week's time and is hoping that his shoulder will stand up to the test.

While we chat, Mike's Staffordshire Terriers, Panda and Purdy, playfully seek his attention and he shows no sign of movement difficulty as he interacts with them. Mike is an obviously active and energetic man, and not one to let an injury stand in his way – but as he recounts his experience, the

recollection of the pain causes him to flinch more than once.

Recommendations?

His recommendation to others who suffer a similar break? "Get hold of Sam, and make sure that the pain you're experiencing is properly examined", he says. "I was told the break would heal on its own and I was prepared to accept that and endured five days of excruciating pain. As it turns out, ultimately it did need fixation".

Book an appointment:

Physiodynamix,
Cramerview Village Centre,
corner of Curzon and Main
Roads, Bryanston.

Open from: **7am to 5.30pm**

Telephone: **011 706 7433**