

Proximal Humerus Fracture

Your shoulder consists of a ball and socket joint and you have fractured the ball part. The shoulder joint does not respond well to being injured and longstanding stiffness is very common. Following this type of injury you may never be able to fully lift the arm straight up in the air again. The main aim is to regain enough movement to perform day to day activities.

What can I expect?

- This type of injury takes 6 - 12 weeks to heal.
- You have been given a collar and cuff. This should remain in place constantly, until advised otherwise. It is important for the fracture alignment that you do not try to support the arm under the elbow with pillows or rest it on the arm of a chair. The sling height should allow your elbow to rest at 90 degrees.
- Loose clothing is essential. The injured arm should be left out of the shirt / jumper sleeves. You may have been asked to keep your arm underneath your clothes. Continue with this until your review in Orthopaedics.
- It is important to rest your arm fully for the next 72 hours. Following this you can commence exercises as described in this leaflet.
- You should sleep with the collar and cuff on until advised otherwise. It may be more comfortable to sleep slightly upright in bed, supported at your back by pillows or in a recliner chair.
- These injuries are often very painful and regular pain relief is recommended. Take pain relief as prescribed or directed by the staff in A&E or seek advice at your local pharmacist or GP. Ice wrapped in a damp cloth, used for 10 mins at a time over the area, may help with pain.
- To wash, sit in a decent height chair and bend forward from the waist with your arm still hanging heavily in the collar and cuff. As the arm falls gently forward, you will create a small space under your arm to allow you to use a face cloth or wet wipe. It is important to ensure the area is thoroughly dry after. If using deodorant, use a mild one and avoid excessive use of talc.

Smoking:

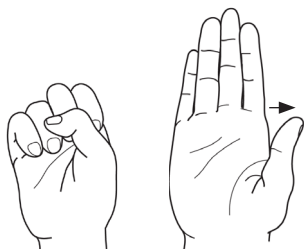
- Medical evidence suggests that smoking prolongs fracture healing time. Stopping smoking during the healing phase of your fracture will ensure optimal recovery. If you require advice or assistance to stop smoking, go to <http://smokefree.nhs.uk> or discuss with your GP.

Stage 1 Exercises:

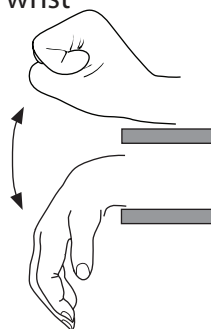
Start these exercises straight away, ideally after 72 hours of injury. It may take a few days of practice to become comfortable with the exercises.

Finger and Wrist Flexion and Extension

1. Open and close your hand 10 - 15 times.

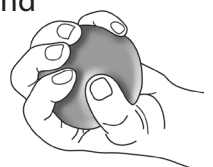


- Then move your wrist up and down 10 - 15 times.



After a few days, hold a soft ball / ball of socks. Squeeze the ball as hard as possible without pain.

Hold for 5 seconds and repeat 10 times.

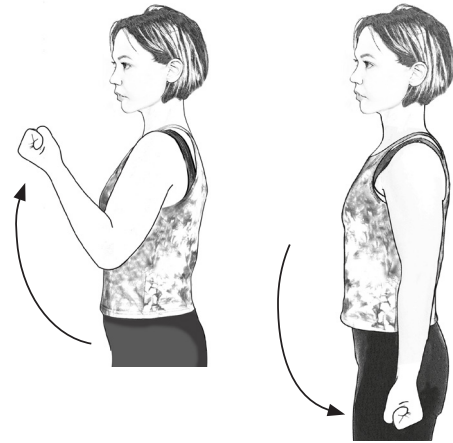


Elbow Bend to Straighten

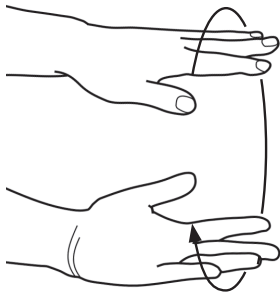
- Remove your arm from the collar and cuff and allow your elbow to hang by your side.

Bend and straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist if required.

Do not push into pain. Repeat 10 - 15 times.



Forearm Rotations



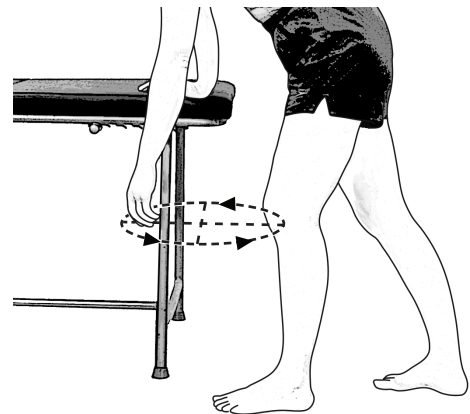
Put your elbow at your side. Bend it to 90 degrees. Slowly rotate your palm up then down until you feel a mild to moderate stretch. You can use your other arm to assist, if necessary.

Do not push into pain.

Shoulder Pendulum Exercises

Stand and lean forward, supporting yourself with your other hand. Try to relax your injured arm and let it hang down.

1. Swing your arm slowly and gently forwards and backwards.
2. Swing your arm slowly and gently side to side.
3. Swing your arm slowly and gently in circles clockwise.



Continue for approximately 1 - 2 minutes in total, provided there is no increase in symptoms. Remember to try and relax your arm.

Should you have any worries or concerns following discharge from hospital, please use the contact details below

Contact details: Raigmore Hospital
Old Perth Road,
Inverness, IV12 3UJ.
Tel: 01463 704000 ext: 4294

Tel:
Fracture Clinic Helpline -

Monday to Friday
12 - 3pm
07779 422980

In an emergency contact NHS 24 - Tel: 111



Issue: 2	Date of Issue: March 2020	Review date: March 2024
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