

Greater Tuberosity Fracture

About your injury: _____

Your shoulder consists of a ball and socket joint and you have fractured the outside of 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.
- You may have been asked to keep your arm under your clothes. Continue to do 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 analgesia is recommended. Take analgesia 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 10mins 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: _____

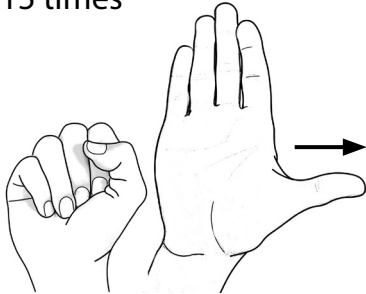
Medical evidence suggests that smoking prolongs fracture healing time. Stopping smoking during the healing phase of your fracture will ensure optimal recovery. If you require advice or assistance to stop smoking go to <http://smokefree.nhs.uk> or discuss with your GP.

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.

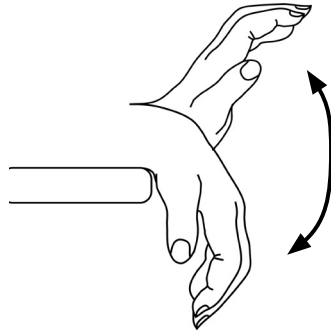
Finger and wrist flexion and extension

Open and close your hand
10-15 times



Flexion and extension

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.

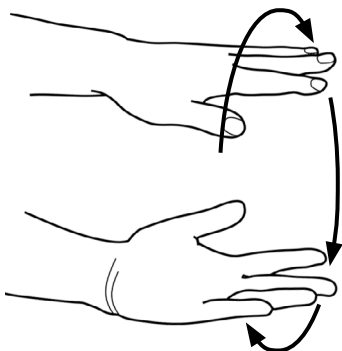


Elbow Bend to Straighten

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 necessary. Do not push into pain.



Forearm Rotations



Put your elbow at your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.

Repeat 10-15 times provided there is no increase in symptoms.

Contact us: If you have any questions about your exercises or concerns regarding your injury.

Fracture Physiotherapist: Claire Laurie 07779984983	Mon - Fri	Fracture Nurse: Lisa Kenley 07779422980
--	-----------	--

If you have any questions in regard to pain control and medication
contact your local pharmacist or GP.

Issue: 1 | Date of Issue: Feb 2022 | Review date: Feb 2025

Devised by: Lisa Kenley, Clair Laurie