

## Fractured Shaft of Humerus

### *About your injury:* \_\_\_\_\_

- You have broken the bone in your upper arm called the Humerus; your break is in the middle of the bone called the “shaft”.
- The decision has been made to manage your injury in a humeral brace with a collar and cuff.
- The shoulder and upper arm area 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 humeral brace and collar and cuff. These 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 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 brace and 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 (and brace in situ). 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.

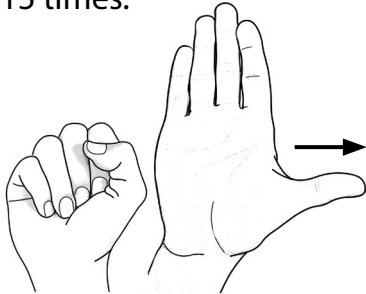
If you have any questions in regard to pain control and medication contact your local pharmacist or GP.

## 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.

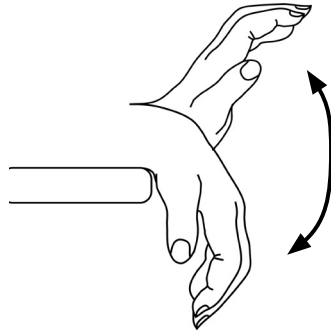
### Finger and wrist flexion and extension

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

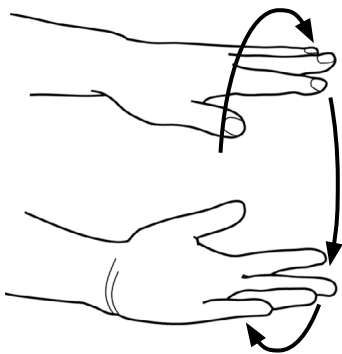
Remove your arm from the collar and cuff and allow your elbow to hang by your side. Bend and straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist if necessary.

Do not push into pain.

Repeat 10-15 times.



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

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