

Proximal Humerus Fracture

This is a break to the top of your upper arm bone.

About your injury:

We are seeking a specialist opinion regarding your fracture from our upper limb consultants. We should contact you with a plan in the next 24-48 hours.



Healing:

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to www.smokefree.nhs.uk for more information.

Pain and Swelling:

Your shoulder may be swollen and you will have some pain. Taking pain medication and using ice or cold packs will help. If you need further pain relief then you should contact your GP surgery.

Using a cold pack will help with your pain and swelling. You can use an ice pack or bag of frozen peas wrapped in a damp towel. Put this on your shoulder for 15 minutes every few hours. Make sure the ice isn't in direct contact with your skin

Wearing your sling:

You should be wearing your sling most of the time, including in bed at night. You can take it off to wash, dress and do your exercises.

Exercise and activity:

It is important to start gentle exercises straight away to prevent stiffness. You will find pictures and instructions for your exercises below.



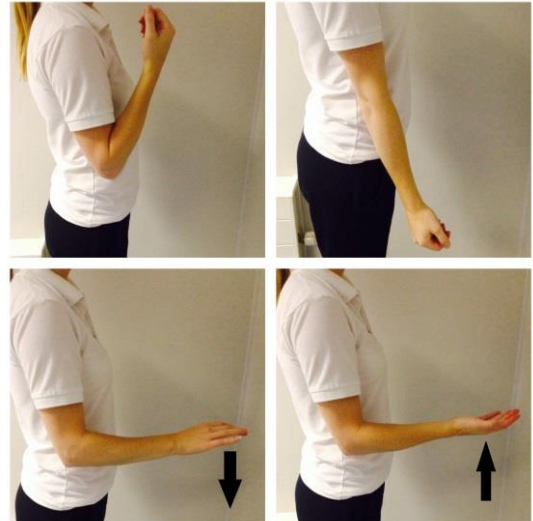
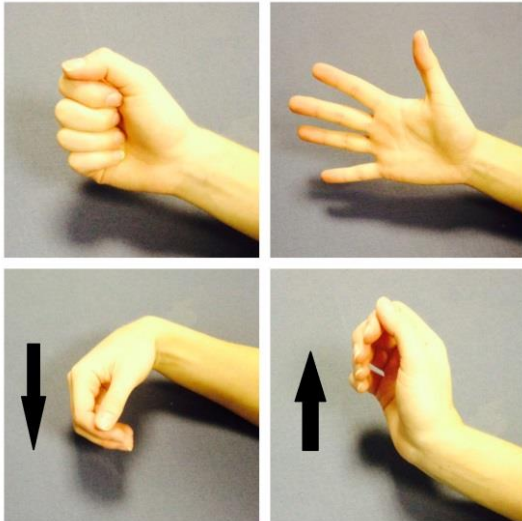
Contact us:

If you are concerned about your symptoms, are unable to follow this rehabilitation plan or notice pain other than at your shoulder, please contact the Virtual Fracture Clinic.

Exercises:

Start these exercises straight away. Try to do these exercises 4-5 times a day. Repeat each exercise 10 times.

Hand, wrist and elbow exercises:



1. Open and close your hand. Next, move your wrist up and down. Repeat 10 times.
2. After a few days, hold a soft ball or rolled up socks. Squeeze the ball and hold for 5 seconds. Repeat 5 times.

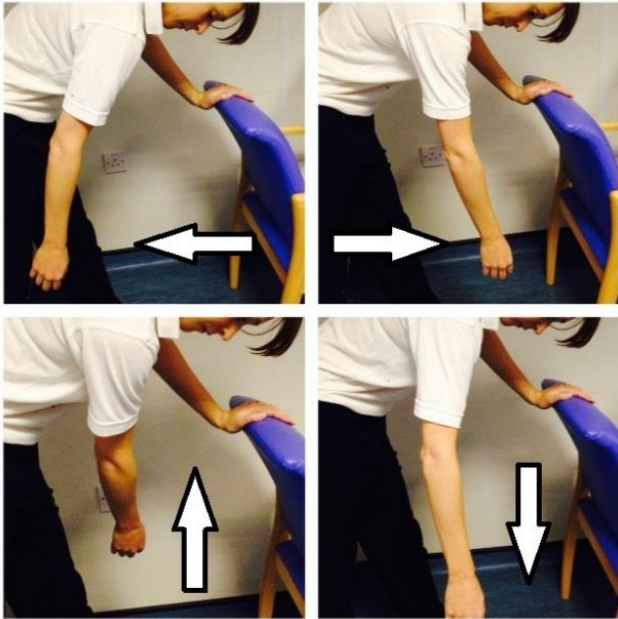
3. Bend and straighten your elbow. Repeat 10 times.
4. Bend your elbow to a right angle. Slowly turn your palm up to the ceiling and down to the ground. Repeat 10 times.

Posture Exercise:



Bring your shoulders back and gently squeeze your shoulder blades together. Hold for 20-30 seconds. Repeat 5 times.

Shoulder Pendulum Exercise:



Stand next to a firm surface. Support yourself with your un-injured arm and lean forwards. Let your injured arm relax and hang down to the ground.

Gently swing your arm, making a small movement. Try to do this forward and backward, side to side and in small circles.

Aim to do this for 1-2 minutes in total. You do not need to push into pain. Remember to keep your arm relaxed.



Frequently Asked Questions

I'm concerned about my symptoms and/or I am struggling to return to exercise.

Please contact the Virtual Fracture Clinic.

I am struggling with my sling. What do I do?

Contact the Virtual Fracture Clinic. We can give advice or change your sling if needed.

How can I get a certificate for work?

You can get a fitness for work statement from your GP.

How do I contact the Virtual Fracture Clinic?

Call 01273 696955 extension 63428. Email uhsussex.fracturecare@nhs.net