

You have a

Midshaft Humerus Fracture

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

About your injury:

It is important that you can always feel your hand and wiggle your fingers. If you can't, please contact the Virtual Fracture Clinic. If it is out of hours please re-attend A&E.

Healing:

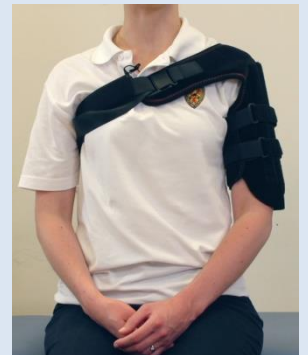
This normally takes 9-12 weeks to heal. Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to www.smokefree.nhs.uk for more information.

Pain and Swelling:

Your arm will be swollen and you will have some pain. Taking pain medication will help. You may find it more comfortable to sleep propped up at night.

Wearing your brace and sling:

Wear your humeral brace and sling all the time, even in bed at night. Your hand can be removed from the sling to do your exercises and wash and dress. More advice about your brace is on the next page.



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. You should not do any heavy lifting or overhead movement for the first 6 weeks.

Follow up:

You will see a shoulder specialist 1-2 weeks after your injury. They will do another x-ray to check the position of your fracture. They will explain the next stage of your rehabilitation.

If you have not received your appointment letter within 1 week, please contact us.

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.

Your brace should fit like this picture. This video will also help:

<https://vimeo.com/386673228>.

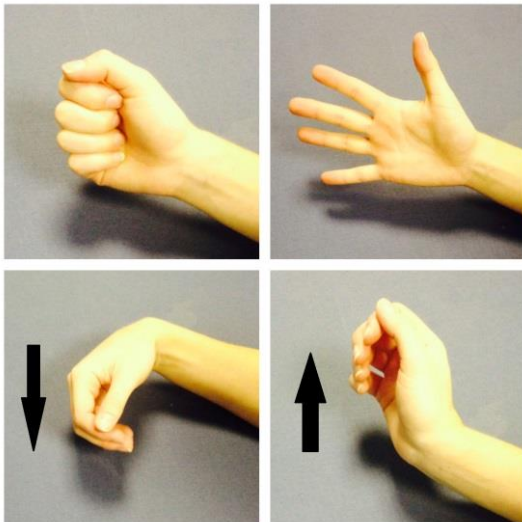
Please contact the Virtual Fracture Clinic if you have any concerns such as pinching of skin, a rash or irritation, or difficulty washing.

Try to rest your arm, especially in the first 24-72 hours.

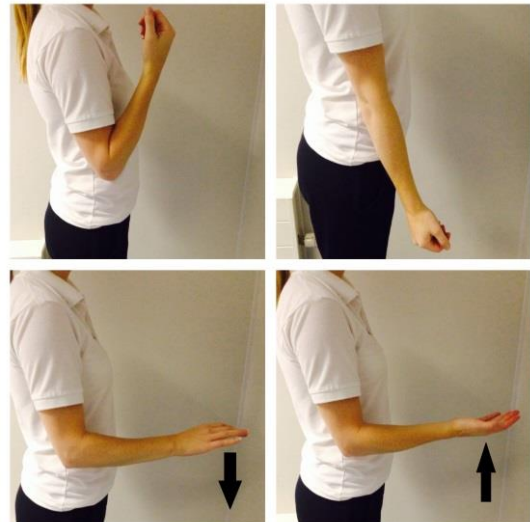
Exercises:

Start these exercises straight away. Keep your brace on while doing these exercises. Try to do them 4-5 times a day. Repeat each exercise 10 times.

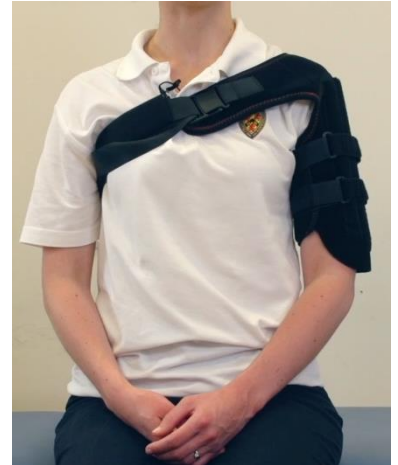
Hand, wrist and elbow exercises:



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

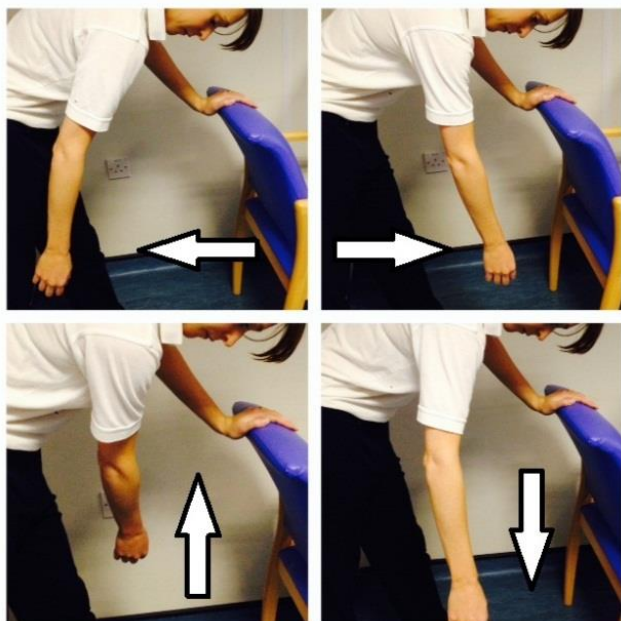
ceiling and down to the ground.
Repeat 10 times.

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.

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

Please contact the Virtual Fracture Clinic. If it is out of hours and you are unable to feel or move your hand please attend A&E.

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

Contact the Virtual Fracture Clinic.

You may find this video helpful: <https://vimeo.com/386673228>

When can I start driving?

You can return to driving when:

- You are no longer using a sling
- You can move comfortably
- You can control the vehicle safely

Always test your ability to drive in a safe environment first.

How can I get a certificate for work?

You can get a fitness for work statement from your GP or your face to face appointment.

How do I contact the Virtual Fracture Clinic?

Call 01305 253305. Email VFCTriage@dchft.nhs.uk