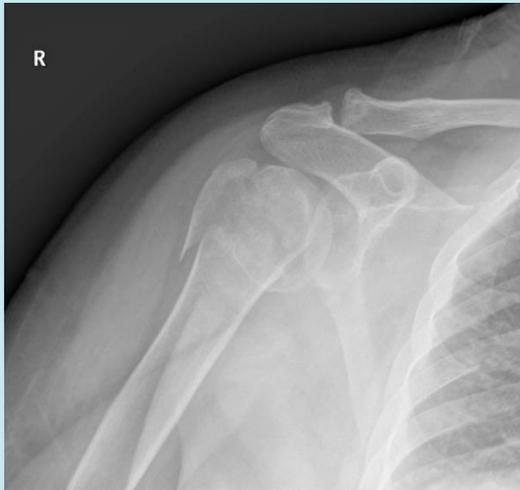


Discharge advice for a proximal humerus fracture



Issued by the orthopaedic department

You have broken the top of your arm bone near your shoulder joint (proximal humerus).

Most of these fractures are treated with a collar and cuff sling followed by physiotherapy. The eventual recovery with this treatment is usually very good.

We would like to see you again in clinic

An orthopaedic trauma consultant (a doctor who specialises in fractures) has reviewed your x-rays and you should now have received an appointment to attend the fracture clinic.

At the clinic your injury will be reviewed by an orthopaedic surgeon and we will advise on any further care needed, such as x-rays and follow-up.

In some cases, an operation may be required. If so, we will discuss this with you further at the clinic.

Collar and cuff

This will help provide pain relief and allow the fracture to heal in a suitable position.

We recommend that you exercise your hand and wrist.

Gradually start exercising by rotating your forearm in the sling.

Be guided by the level of discomfort you feel.

We suggest you remove your sling twice daily and gently bend and straighten your elbow whilst supporting the weight of your arm.

These movements will help reduce hand swelling and prevent stiffness of the joints in your upper limb.

Painkillers

We suggest paracetamol and ibuprofen, if you can take them, ask your pharmacist for advice.

The pain usually greatly improves after the first two weeks but can take longer.

Sleeping

You may be more comfortable sleeping propped up on several pillows in bed or in a reclining armchair in the early days after your injury.

Osteoporosis screening

If you are post-menopausal or fell from a standing height or less we will discuss osteoporosis screening with you at clinic.

Physiotherapy

This is usually started two weeks after your injury with gentle 'pot stirring' exercises.

When can I return to regular activities?

It may take up to six weeks before you can return to regular activities. This may be longer if your work involves strenuous use of your upper limb.

We wish you a speedy recovery.

If you have any worries or concerns, please contact us on the helpline:

Monday - Friday, 9am - 3:30pm 01670 529431

After hours and weekends, if you need urgent advice contact:

Wansbeck General Hospital 01670 529884

North Tyneside Hospital 0191 2932515

**Northumbria Specialist
Emergency Care Hospital 0191 6072100**

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

www.northumbria.nhs.uk



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