

PALS

Patient Advice and Liaison Service

We act on your behalf when handling patient and family concerns, liaising with staff, managers and where appropriate, relevant organisations to negotiate immediate or prompt solutions. We can also help you get support from other local or national agencies.

Royal Shrewsbury Hospital, Tel: 0800 783 0057
or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)
Website: www.nhs.uk

Patient UK

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/self help groups and a directory of UK health websites.

Website: www.patient.info

Self Help & Support Groups

A selection of websites providing access to good quality patient and consumer health information, covering specific age groups and conditions. Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders.

Website: www.library.sath.nhs.uk/find/patients/

Please note

Driving

It is advised you contact the police and your insurance company before driving a motor vehicle. It can be dangerous to drive in a cast for yourself and others and you may not be insured.

Smoking

Smoking can slow the healing process and prolong your recovery. You are advised to reduce the amount you smoke or stop. If you require help with quitting please contact:

www.nhs.uk (stop smoking)

Smokefree National Helpline on 0300 123 1044

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The Shrewsbury and
Telford Hospital
NHS Trust

Information Leaflet

Humeral Fracture

The Plaster Room The Shrewsbury & Telford Hospital NHS Trust

Shrewsbury & Telford Hospital
Mytton Oak Road
Shrewsbury
SY3 8XQ

Telephone 01743 261000 ex. 3694
Opening Hours 09.00-17.00 Monday-Thursday
09.00-15.00 Friday

Princess Royal Hospital
Apley Castle
Telford
TF1 6TF

Telephone 01952 641222 ex.4654
Opening Hours 08.30-1730 Monday-Friday



Fractured Humerus

The humerus is the long bone in the upper arm from your elbow to your shoulder. When fractured it may be very painful and swollen. It is common to see the swelling travel down to the forearm and hand, the fingers can be swollen and will require movement to help reduce the swelling.

To help reduce the swelling and stiffness in your wrist and hand, you must keep them moving by rotating (moving in a circular movement) your wrist and clenching your hand into a fist and then stretching your fingers out.

Coping with a fractured humerus at home can be very challenging and you may require help from family and friends. You should have been placed into a sling this should be supporting the wrist and be a loop around the back of your neck. The sling will provide comfort and support to aid fracture healing. Please follow the instruction by the doctor or health care professional before removing the sling.

Living with a humeral cast/splint

Placing pillows under your elbow or resting the arm on a chair will raise your shoulder and cause the fracture to move and increase your pain. It will also not allow gravity to naturally pull the arm down.

When dressing, wear loose clothes over the top of the plaster/brace and refrain from putting your arm through your sleeve.

Washing and bathing in a slab or brace can be very difficult and would require help and support. Please do not get the cast wet.

Washing under the arm pit using freshening wipes or soap and water would ensure good hygiene and comfort for your duration in cast/splint

Clasby humeral Brace

The humeral brace should not be removed unless you have been advised to by the doctor or health care professional.

The brace should be well fitting but never to tight, the two Velcro compression straps should be adjusted from time to time to ensure a comfortable and supporting brace around the fracture. This would have been shown to you when the brace was fitted.

The strap that goes across the body and under the arm should remain in place but on occasion undo the clip at the front and check the skin for irritation or sores.

A copy of the brace instructions should have been provided during the fitting and is available from the plaster room.

Sleeping

Sleeping with a fractured humerus is advised in an upright position with pillows supporting your back.

Lying flat in bed may cause more pain and discomfort and be difficult to sit up.

Please be aware that:
Plaster of Paris casts can take up to 48 hours to dry