

Barnsley Hospital



NHS Foundation Trust

# HOW TO CARE FOR YOUR HUMERAL FRACTURE

*Patient Information  
Leaflets*



*Barnsley Hospital*  
**Quality in Care**

The humerus is the long bone of your upper arm. When broken, not only is it very painful but it also needs specialised care to help you cope with the problems it brings. Your forearm and hand may be swollen and bruised for a number of weeks; this is normal.

To help reduce the swelling and stiffness you should keep your wrist and hand well exercised. Clenching your fist as tight as possible then stretching your fingers out as far as you can; also rotating, flexing and extending your wrist will get the muscles in your hand and forearm working and will help to reduce these symptoms. Your balance may also be affected. Take extra care especially when negotiating steps/stairs.

Take regular pain killers as prescribed and the most important thing to remember, is to let your arm hang and be supported in its sling. This is the best way to support this fracture. Allow gravity to help keep your fracture straight.

## **DO NOT**

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1. Rest your arm/elbow on anything if possible. This will push your bone ends together and or bend your bone at the fracture site.
2. Lay flat. Though it may be uncomfortable, try sleeping, as much as possible, in a seated/upright position. Lying flat may allow the bone to move and bend, even in a cast.

3. Put your injured arm through any sleeves. Dress with the injured arm under your clothing. This will be less painful and will also help to support the arm.

## **KEEP YOUR CAST OR BRACE DRY. NO BATHING OR SHOWERING.**

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It is not advisable to bath or shower as:

1. You may struggle to get into and out of a bath safely
2. Your balance will be affected and you may fall in the shower

To wash under the injured arm, lean slightly to the side and forward. This will give access to the underarm. Use a face cloth, soap and water ensuring the area is dried thoroughly. Do not try to raise your arm

A fractured Humerus can be very mobile. You may feel or hear the bone moving; this is not unusual but by allowing your arm to relax from the shoulder and hang loose may reduce or even prevent this from happening.

For further advice please contact Plaster Room on: **01226 432565** or the Emergency Dept: **01226 432371 / 432755**

If you would like this information in another language or another format, such as large print, please call 01226 432430.

Если Вы хотели бы эту информацию на другом языке или другом формате, типа большой печати, пожалуйста звоните 01226 432430.

Jeśli potrzebujesz te informacje w innym języku czy w innej postaci, na przykład dużym drukiem, proszę dzwonić na numer 01226 432430.

如果您想索取這些資料的中文譯本或以其他形式編制的版本（如大字體），請致電01226 432430查詢。

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