



## Midshaft Humerus Fracture

Doncaster Royal Infirmary  
Armthorpe Road  
Doncaster  
DN2 5LT

Tel: 01302 644665

### **You will be followed up by the consultant.**

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

### **You have sustained a fracture to the middle portion of your humerus (upper arm bone).**

This normally takes between 9-12 weeks to unite (heal). Once the fracture begins to heal it is important to keep the shoulder moving. This stops it getting stiff. Try not to aggravate it. Start the elbow and wrist exercises as soon as comfort allows. The main aim is to restore enough movement to perform day to day activities. You may find it more comfortable to sleep propped up with pillows. Take pain killers as prescribed.

If you are worried that you are unable to follow this rehabilitation plan,

**Or**, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

**Or**, have any questions, then please phone the number at the top of this letter for advice.

It is important that you have feeling in your hand and that you can wiggle your fingers. If this is not the case please let us know using the contact details above.

Please contact the plaster room directly on 01302 644608, if you have any problems with your brace e.g.

- pinching of the skin,
- a rash or irritation
- or would like assistance to remove and wash underneath the brace.

They will make you an appointment.



You will also have your hand in a sling (a 'Collar & Cuff'). Your hand should be supported higher than your elbow.

You will have an appointment in Fracture Clinic approximately 2-3 weeks after your injury. The pain and swelling should have settled.

If you have not received this appointment within one week of receipt of this letter please contact the booking hub directly on Tel: 01302 642500.

Please follow the Management/rehabilitation plan shown below:

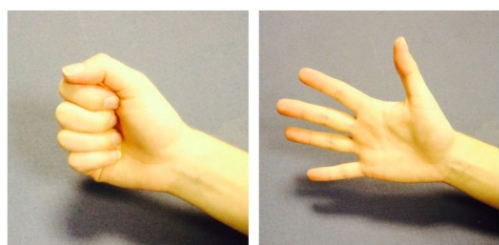
Weeks since injury	Rehabilitation Plan
0-3	Wear the brace & sling all of the time. Even in bed at night. Only remove it for personal hygiene and for your exercises. Do your initial exercises three times a day.
3-6	You will be reviewed in the Fracture Clinic at approximately 2-3 weeks after your injury. The Specialist you see will advise you on further exercises and on-going management.

### Smoking cessation

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

### Initial Exercises to do 3 times a day:

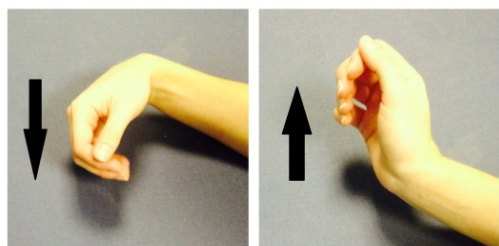


#### Finger and wrist flexion and extension

Open and close your hand as shown 10-15 times. Then move your wrist up and down 10-15 times.

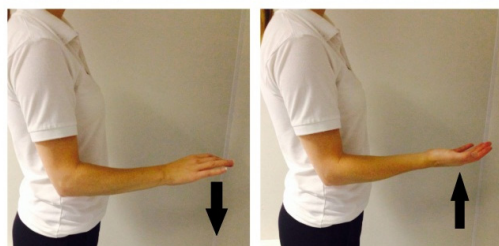
After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain.

Hold for 5 seconds and repeat 10 times.



#### Elbow Bend to Straighten

Bend and straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.



#### Forearm Rotations

Put your elbow at your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.

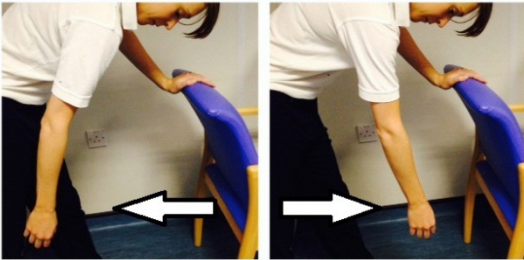
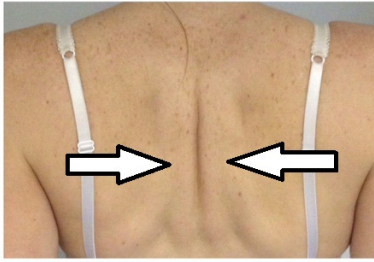
Repeat 10-15 times provided there is no increase in symptoms.



### Postural awareness

Bring your shoulders back and squeeze your shoulder blades together as shown in the picture. Do this with or without your sling on.

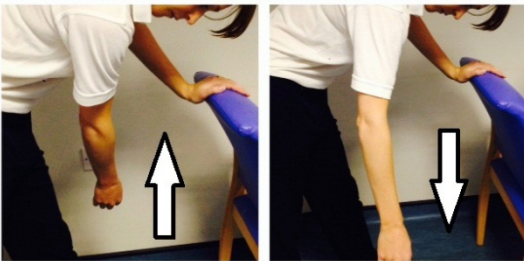
Hold the position for 20-30 seconds and repeat 5 times provided there is no increase in symptoms.



### Shoulder pendulum exercises

Stand and lean forward supporting yourself with your other hand. Try to relax your injured arm and let it hang down.

1. Swing your arm slowly and gently forwards and backwards.
2. Swing your arm slowly and gently side to side.
3. Swing your arm slowly and gently in circles clockwise.



Continue for approximately 1-2 minutes in total provided there is no increase in symptoms. Remember to try and relax your arm.