

Orthopaedic Department
York Teaching Hospital

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 Physiotherapist.

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

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.

Healing: It normally takes between 9-12 weeks for this injury to heal.

Pain: Take pain killers as prescribed.
You may find it more comfortable to sleep propped up with pillows.

Using your arm: You will be fitted with a brace and a sling. Wear this until advised otherwise by your consultant. It is important to keep the shoulder moving to prevent stiffness not to aggravate your injury.
The main aim is to restore enough movement to do day to day activities.

Follow up: You will be seen in Upper Limb Clinic 2-3 weeks after your injury. You will have another x-ray to check the position of your fracture.
If you have not received this appointment within one week of receipt of this letter please contact the booking hub directly on Tel: 0300 3038360.

Picture of correct fitting brace:



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

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

They will make you an appointment.

York fracture clinic: 01904 726575.

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

York Virtual Fracture Clinic Contact details:

Phone: 01904 726575

Email: virtualfractclinic@york.nhs.uk



**York and Scarborough
Teaching Hospitals**
NHS Foundation Trust

**Scarborough Trauma Assessment and
Treatment Unit (TATU):**
Phone:01723 342021 / 07385 463781

Email: virtualfractclinic@york.nhs.uk

Please follow the management plan below

If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice.

Or, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone or e-mail details at the top of this letter.

What to expect:

Weeks since injury	Rehabilitation plan
0-2	<ul style="list-style-type: none"> ✓ Wear the brace & sling all of the time - even in bed at night. ✓ Only remove it for personal hygiene and for your exercises. ✓ Start your initial exercises straight away.
2-3	<ul style="list-style-type: none"> ✓ You will see a Specialist 2-3 weeks after your injury. ✓ They will advise you on further exercises and on-going management.

Advice for a new injury

Cold packs: A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short term pain relief. Apply this to the sore area for up to 15 minutes, every few hours ensuring the ice is never in direct contact with the skin.

Rest: Try to rest your shoulder for the first 24-72 hours. However, it is important to maintain movement. Gently move your shoulder following the exercises shown. These should not cause too much pain. This will ensure your shoulder does not become stiff and it will help the healing process.

Smoking advice:

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.

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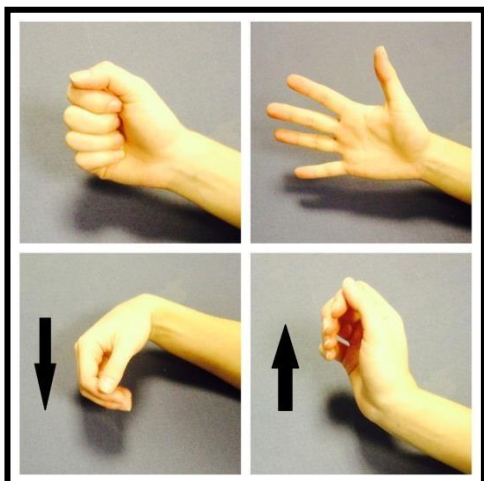
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Exercises

If you have stiffness in your elbow or hand from wearing the sling, you may wish to perform these exercises first. However, once they become easy you can start with the posture and pendulum exercises.

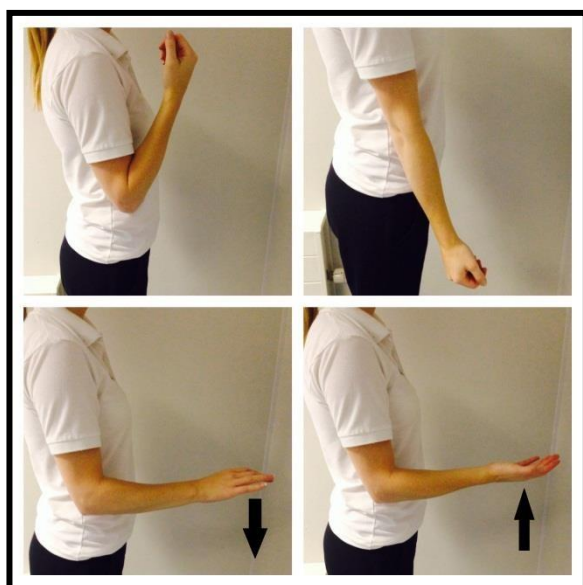
Initial Exercises to do 3 times a day:



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.

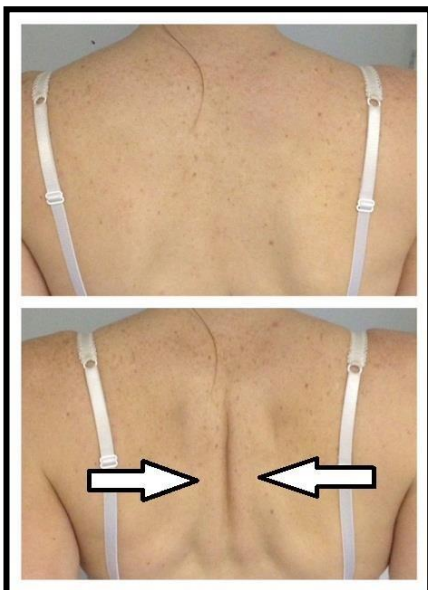
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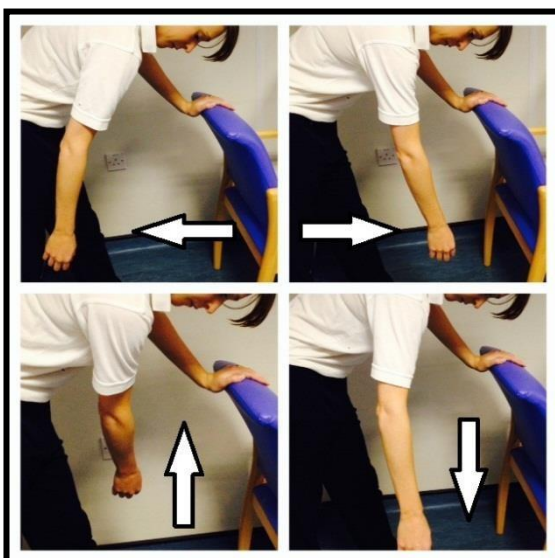
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Postural awareness

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.

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