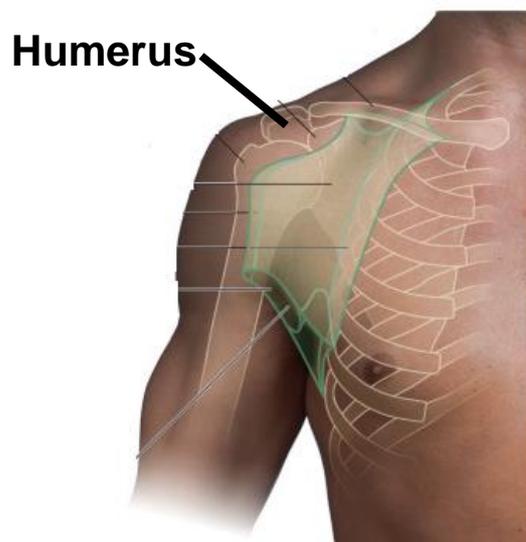


Patient Information

**Trauma & Orthopaedics****Discharge Advice – Shoulder (Proximal Humerus) Fracture**

**You have broken (fractured) the top of your shoulder (proximal humerus).**

This takes approximately 8 to 12 weeks to heal. A collar and cuff is provided for your comfort. The bone will in most cases heal without the need for surgery.

**What to expect****Weeks 1 and 2**

The collar and cuff helps to relieve pain initially. This is a painful injury and sleep is often disturbed in the first few weeks. Sleeping upright (possibly in



## Patient Information

a chair) with pillows can help

There may be some tingling in the fingers as a result of the injury, but sensation should be normal.

You may notice bruising and swelling in the injured area which can spread to the chest, elbow and even the forearm over time. This may take a few months to disappear completely.

Pendulum exercises can be started immediately which means moving the arm in small circles when it hangs freely.

### **Painkillers**

You should have been advised about painkillers. We recommend that you take these regularly for the first few weeks for your comfort.

### **Weeks 3 to 6**

The pain and bruising is settling and movement in the shoulder should be improving.

### **Weeks 6 - 12**

The fracture should be nearly pain free at this stage. You should be able to perform more daily activities, but heavy lifting may still be painful. Stiffness is to be expected especially performing overhead activities. Physiotherapy can aid movement of the shoulder if this is the case. If you are concerned regarding the movement in shoulder and have not received any physiotherapy contact the telephone number provided below.

### **Stop smoking**

Smoking reduces the ability of the body to heal itself and can delay and even prevent your broken collar bone from healing.

### **Early movement and exercise**

Early movement of the shoulder is important to reduce stiffness and maintain movement.

Keep the elbow, wrist and fingers moving to prevent stiffness whilst using the collar and cuff.

## Patient Information

If the proximal humerus fracture does not heal ongoing pain may be felt more than 3 months following the injury. This is very rare with this fracture. If this is the case, please contact the fracture clinic on the phone number provided in order to arrange an appointment for assessment.

**Should you have any worries or concerns following discharge from hospital, please contact:**

**Virtual Fracture Clinic Hotline: 024 7696 9237**

**(Monday to Friday 9am- 4pm)**

Whilst the clinic is running, we are unable to take calls so leave a voicemail with your full name and number and you will receive a call back

For emergencies out of these hours please attend A&E.

Image sourced from Drake, Richard L., PhD, FAAA, Gray's Anatomy for Students, 7, 671-821.e4 by Elsevier

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact **024 7696 9237** and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Document History

Department:	Trauma & Orthopaedics
Contact:	29237
Updated:	August 2020
Review:	August 2021
Version:	1
Reference:	HIC/LFT/2495/20