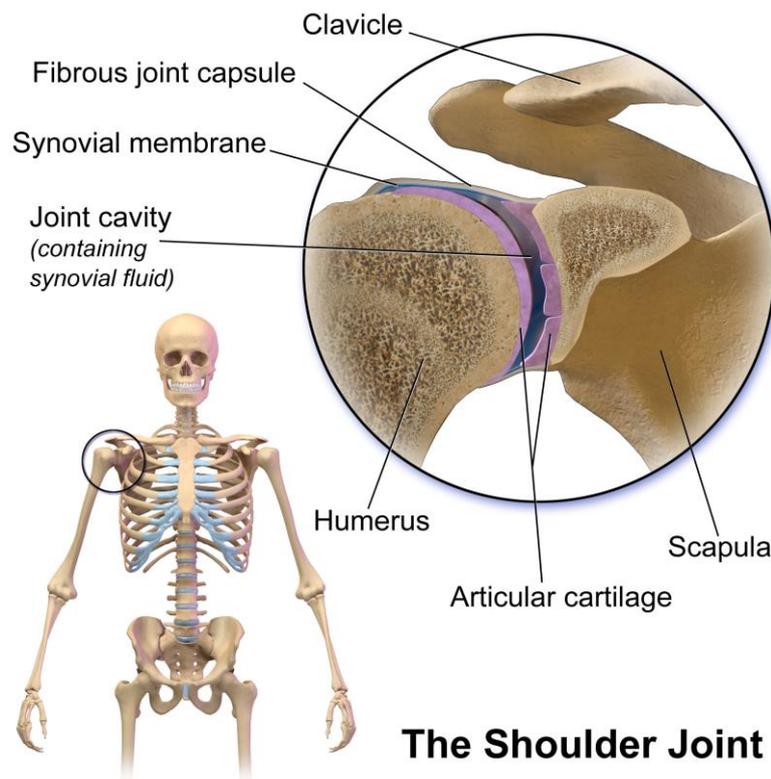


Trauma & Orthopaedics

Discharge Advice - Shoulder (Proximal Humerus) Fracture



The Shoulder Joint

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.



Patient Information

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 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 to 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.

Advice

Stop smoking

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

Patient Information

Early movement and exercise

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

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

If your 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)

We are unable to take calls while our clinic is running, but you can leave a voicemail. Please leave a voicemail with your full name and number and we will return your call.

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

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.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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