



**University Hospitals Birmingham**  
NHS Foundation Trust



# Advice for patients with a fractured humerus

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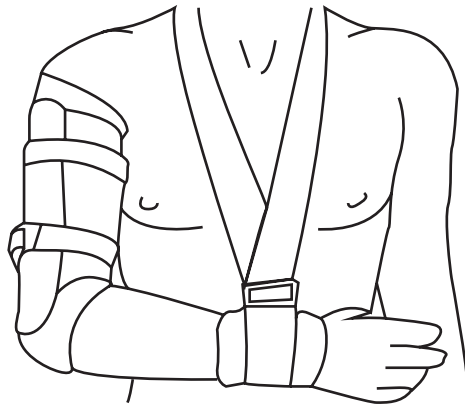
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[www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

## Advice for patients with a fractured humerus

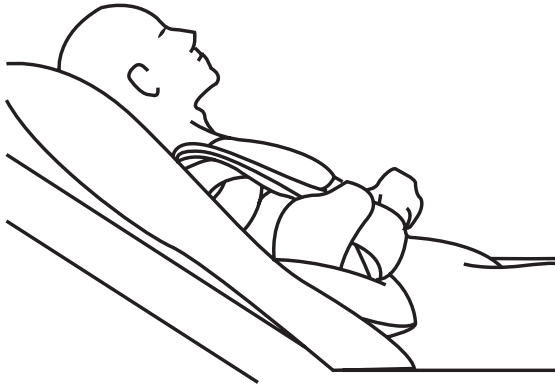
A fractured humerus can be quite painful, but by following our advice, we hope to make you more comfortable with your injury. You may have been supplied with a sling, a plaster cast, a splint or a brace to help with the treatment of your injury. The following information should help to relieve some of the discomfort.

### What you should do

Let your arm hang naturally, keeping your arm in the sling provided. Avoid shrugging your shoulder and try to relax. Your fracture needs to work with gravity to keep it in alignment.

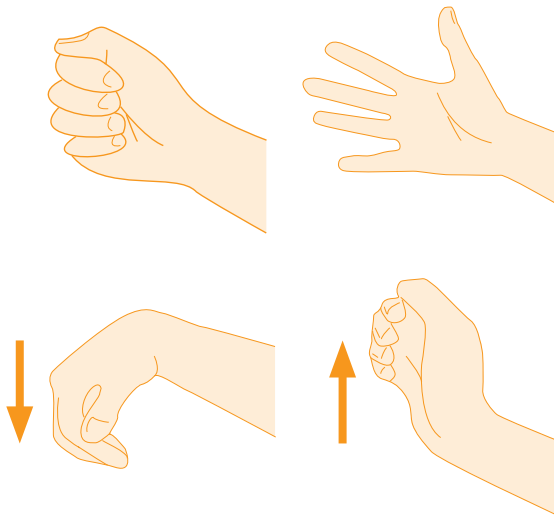


Avoid resting your arm on objects like pillows and chair arms, as this could potentially displace the fracture. Sleep sitting upright, or at least at a 45 degree angle, supported by pillows.



Avoid putting your arm into clothing until the doctor tells you to do so. We are trying to limit movement of your injury. Try to dress over the injured arm. Wear large baggy T-shirts and loose clothing.

Make sure you are exercising your wrist, hand and fingers at regular intervals. This will help to reduce swelling and maintain normal function.



If at anytime you are unable to perform any of these movements, you must attend the Accident and Emergency department immediately, as this may be cause for concern.

## Other things to consider

- If you are taking painkillers prescribed by your doctor and they are causing discomfort, please talk to your GP or local pharmacist
- Smoking can delay the healing process by up to 50%. Try to cut down or better still, stop smoking
- Eat healthy food, including fresh fruit and vegetables
- Don't rush! Slow down, be gentle with yourself. These fractures take time to heal

### **If you have any questions, please call**

**Heartlands Hospital 0121 424 1265**

**Good Hope Hospital 0121 424 9242**

**Solihull Hospital 0121 424 4228**

You can call between 9:00am–4:30pm, Monday–Friday

Outside of these hours, please contact the A&E department.

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**Trauma and Orthopaedics Department  
Plaster Rooms**

**Heartlands Hospital 0121 424 1265**

**Good Hope Hospital 0121 424 9242**

**Solihull Hospital 0121 424 4228**

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