

Advice for patients who have been discharged following a humerus fracture

The humerus, sometimes referred to as the funny bone, is a long bone and when broken is very painful. It needs specialised care so that you can cope with the problems it brings.

How to manage your fracture

The best way to manage your fracture is to let your arm hang freely!

- Do not put pillows under your elbow
- Try not to rest your arm on a chair or table
- **No** lying flat in bed. Try to sleep sitting up.
- Refrain from putting your injured arm in the sleeve of your clothes; just let your arm hang freely.

Swelling and bruising

Your arm will be very swollen and bruised for the first couple of weeks. To help reduce the swelling and stiffness in your wrist and hand, you must keep moving by rotating your wrist and clenching your hand into a fist and then stretching your fingers out.

A fractured humerus can be very mobile and you may feel and hear the bone moving in the plaster, which is not unusual. To relieve some of these symptoms, allow your arm to hang loosely from the shoulder and avoid pressure under the elbow, as this can cause upward movement or displacement of the bone fragments. Let the collar and cuff sling support your wrist while your elbow hangs down.

Your balance may be seriously affected because you cannot put your arm out to steady yourself. Take greater care when walking about and especially when coming down stairs. Take your time.

This is a painful injury so take your painkillers regularly as prescribed by the doctor and remember to let your arm hang freely!

<u>DO NOT</u>	
<ul style="list-style-type: none"> • Get the cast wet 	<ul style="list-style-type: none"> • Drive with your cast on, unless specifically advised by the doctor looking after you. You should discuss this with your insurance company.
<ul style="list-style-type: none"> • Try to cut your cast 	
<ul style="list-style-type: none"> • Apply heat to the cast 	
<ul style="list-style-type: none"> • Push anything under your cast 	

Telephone the Plaster Room (or the Emergency Department if out of hours) on the number below if you get any of the following:

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| <ul style="list-style-type: none">• Increasing pain | <ul style="list-style-type: none">• Tightness in the cast |
| <ul style="list-style-type: none">• Pins and needles or numbness | <ul style="list-style-type: none">• Unable to move fingers or toes |
| <ul style="list-style-type: none">• If you have a wound under the cast and notice a discharge or offensive smell | |

Telephone numbers:

- Plaster Room (direct number) 01535 292293 (Monday to Friday 0900 to 1530).
- At other times please ring the Emergency Department on 01535 294481.

If you are unable to attend a fracture clinic appointment then please ring the Emergency Department reception on 01535 294481, or Appointments on 01535 292576.

By telephoning, we can ensure you get appropriate advice and do not wait unnecessarily in the Emergency Department.

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

Author: Emergency Department
Date of publication: December 2011
Revised: February 2022
Date of review: February 2025