

INFORMATION FOR PATIENTS

Humeral Braces

This leaflet is intended as further help to patients who have been supplied with a Humeral brace. If advice in this leaflet differs from what you have been told on the ward or in clinic, wear as directed by the Physiotherapist/ Orthotist as this will be specific advice to your individual needs.

Your humeral brace:

Humeral braces are prescribed to support the upper limb/shoulder. It may be required too:

- Stabilise a fracture in the upper limb
- To protect the upper limb/shoulder following surgery
- To prevent instability due to muscle weakness.

How it works?

The Velcro used on the upper arm can be tightened to support either side of a fracture. They are known as a “functional brace” as they can provide support like a POP can whilst not limiting range of movement.

When should I wear my brace?

You should wear your brace all the time unless instructed otherwise by your consultant. This includes for sleeping. You will, however, need to remove for washing and skin checks. We recommend this should be done twice a day.

Fitting:

Your brace will be fitted by either a member of the physiotherapy team or an orthoptist. The brace should fit over your shoulder and down and along your upper arm. A support strap should go from the brace under your opposite arm pit to help hold it in place. There should also be a collar and cuff to support your arm. Two Velcro straps will be placed on to the brace for support above and below the fracture site.

When re-applying the brace following skin checks, ensure that the brace fits neatly on to your shoulder and the longer side runs down the outside of your arm.

The brace should preferably be worn directly against the skin. If the brace is worn over baggy clothing, the clothing may crease and cause skin sores, it will also increase the likelihood of the brace not doing the job it is supposed to.

Adjusting the fit:

If you initially have swelling that goes down this will result in the brace becoming too big and you will need adjust brace to gain a good fit. To do so, undo the Velcro on the side of the brace one at a time and pull tighter. It should fit tightly for support, but not too tight to cause increased pain or reduce the sensation in the arm. It will be demonstrated to you by whoever is fitting the brace how to do so if required

Your brace has been fitted by:

A video demonstration on how to fit the brace can be found at:

https://www.youtube.com/watch?v=2A_V6mVQyKc

(Name)

(Role)

Contact details

Physiotherapy Department:
(01623) 672 384

Orthotic Department:
(01623) 676 163

Orthotic Services
Clinic 2
King's Treatment Centre
King's Mill Hospital
Sutton-in-Ashfield
NG17 4JL

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your comments, compliments or concerns and will ensure a prompt and efficient service.

King's Mill Hospital Tel: 01623 672222

Newark Hospital Tel: 01636 685692

Email: PET@sfh-tr.nhs.uk

If you need this information in a different language or format, please contact PET, as above.

Whilst every effort has been made to ensure the accuracy of the information contained in this publication, Sherwood Forest Hospitals NHS Foundation Trust cannot accept liability for errors and omissions. The information should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. Stating a web address does not imply we endorse a particular site. Neither does not stating a web address imply lack of endorsement.

If you require a full list of references for this leaflet, please email patient.information@sfh-tr.nhs.uk or telephone 01623 622515 ext 2715.

All of our hospitals are smoke free and as such you will not be able to smoke anywhere on site including the car parks, pathways and grounds. Please speak to a member of staff if you would like to stop smoking. We can offer advice and refer you to services that support smokers who want to cut down or stop completely