

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 it 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 to:

- Stabilise a fracture in the upper limb.
- Protect the upper limb/shoulder following surgery.
- 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 Plaster of Paris (POP) cast 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 orthotist. 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 armpit 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 this, 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. This will be demonstrated to you by whoever is fitting the brace.

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

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

Your brace has been fitted by:

Name:

Role:

Contact details:

- Physiotherapy Department: Telephone (01623) 672384
- Orthotic Department: Telephone (01623) 676163.

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 compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and 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. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202501-02-HUB
Created: February 2023 / Revised: January 2025 /
Review Date: January 2027