

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS

### Discharge advice

### Proximal humeral fractures



## What is a proximal humeral fracture?

You have sustained a fracture at the top of your humerus (shoulder).

The humerus is the bone at the top of the arm which fits into the socket of the shoulder to form the shoulder joint. The neck of the humerus is at the top of the bone. Injuries to this bone are commonly caused by falling.

Swelling and bruising at the fracture site is normal. This swelling will move towards your elbow over the first two weeks.

Simple, over the counter pain killers will help to reduce swelling and pain. You may find sleeping upright in a chair or with extra pillows for the first few weeks more comfortable.

### **You should:**

- Keep your elbow, wrist and fingers moving to prevent stiffness,
- Use your hand to feed yourself and wash your face as the pain allows,
- Use your sling / collar and cuff to hold your arm in a comfortable position.

### **You should not:**

- Put pillows under your elbow.
- Drive whilst wearing the sling.
- Lift anything heavier than a cup of tea for six weeks.
- Miss your appointment with the consultant.

At your appointment, your shoulder may be x-rayed again in order to check the position of the fracture.

The consultant will then discuss further options for managing your injury at this appointment. Fortunately, most proximal humeral fractures heal well naturally and do not require surgery.

All proximal humeral fractures take several months to recover with regards to pain and range of movement and will keep improving over a period of four years.

You will be able to discuss which is the best treatment for you in the fracture clinic and a physiotherapy appointment may be made after whichever treatment method is decided.

## Problems and further advice

A fracture liaison service is available, and advice can be given over the telephone.

**If you develop any issues or have concerns/questions we advise you seek help.**

For appointments, letters or leaflets (non-clinical queries) please call 01623, 622515, extension 2180.

For any plaster or splint concerns, please call 01623, 622515, extension 4114.

Both can be accessed between 8am and 4pm, Monday to Friday.

**Outside of these hours, or for urgent advice, please go to your nearest Emergency Department.**