

Please use this space to write notes/reminders.

### Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

### Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh NHS Foundation Trust  
Royal Albert Edward Infirmary  
Wigan Lane  
Wigan WN1 2NN

### Ask 3 Questions



Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

### How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our "how we use your information" leaflet which can be found on the Trust website:

[https://www.wwl.nhs.uk/patient\\_information/leaflets](https://www.wwl.nhs.uk/patient_information/leaflets)

This leaflet is also available in audio, large print, braille and other languages upon request.  
For more information please ask in department/ward.

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# The Humerus How to Look After Your Fracture

## Patient Information

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The humerus sometimes referred to as the funny bone, is a long bone and when broken is very painful. It needs very 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!**

- Don't put pillows under your elbow
- Try not to rest your arm on a chair or table
- No lying flat in bed
- 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 movements or displacement of the bone fragments.

Be aware that your balance may be seriously affected. 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!**

## Contact information

If you are worried about your arm, or the plaster or you just need some advice, ring the plaster room: **01942 822106**, 9:00am to 5:30pm, Monday to Friday.

**Out of Hours** telephone Accident & Emergency Department: **01942 822440.**