

Please use this space to write notes or 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 until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals
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 positives and negatives 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 see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

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

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The Humerus - How to look after your Fracture

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link: <https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.



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Author ID: LF
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Leaflet title: The Humerus - How to look after your Fracture
Last review: November 2021
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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 downstairs. 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.**