

HUMERAL FRACTURE ORTHOSIS

A Guide for Patients



 **oapl.**TM



INTRODUCTION

You have been fitted with a Humeral Fracture Orthosis (brace) to immobilise your humerus (upper arm bone) fracture (break). It works by squeezing together your upper arm firmly, so your humerus bone doesn't move as easily, and the fracture can heal.

The information in this booklet is only a guide. Please contact your Orthotist, Doctor or local emergency department if you have any questions or problems with your Humeral Fracture Orthosis.

Consulting Orthotist

Clinic Attended

Date Attended

WEARING THE BRACE

Unless instructed please do not remove your Humeral Fracture Orthosis.

It is to stay on at all times for the period of treatment which is usually about 8 weeks.

It should be firm at all times. Often in the first few days after your injury, your arm swelling will sub-side alot. If the Humeral Fracture Orthosis is loose, please have a health professional, friend, or family member tighten it firmly by grasping the orthosis with one hand and pulling the Velcro straps (one at a time) carefully with the other hand.

HYGIENE

You will need to sponge bathe unless you can organise another fail-safe method of keeping your shoulder/arm dry whilst bathing.

If you need to, get a friend or family member to help wash your arm-pit on the affected side.

PRECAUTIONS

Make sure your sock stays pulled right up into your arm-pit slightly higher than where the orthosis finishes.

If you suspect you have:

- skin problems
- an area of rubbing that doesn't go away
- pain
- numbness
- tingling
- loss of feeling
- or a lot of arm swelling

then please contact your Orthotist, Doctor or local emergency department.

Usually your Doctor will ask for the Humeral Fracture Orthosis to be worn with a 'collar & cuff' or sling, so wear this as directed.

You can still move your wrist and hand but keep elbow movements to a minimum.

REVIEW APPOINTMENTS

You will need to make review appointments every 2 weeks to have your skin checked, your arm washed and your sock changed. Make these with your Orthotist.

When you attend a review appointment, please bring:

- Face-washer or cloth
 - Towel
 - Mild soap
 - Moisturiser (optional)
 - Dressings (if needed)

CONTACT DETAILS

Email: info@oapl.com.au

Fitzroy Clinic

93-97 Webb Street
Fitzroy VIC 3065
T: 9419 2499
F: 9416 3543

Footscray Clinic

55 Pickett Street
Footscray VIC 3011
T: 9687 4589
F: 9687 3961

Clayton Clinic

281 Clayton Road
Clayton VIC 3168
T: 9562 9422
F: 9562 9605

Box Hill Clinic

Epworth Eastern
Suite 5A, Level 2
1 Arnold Street
Box Hill VIC 3128
T: 9897 1374
F: 9783 6944

Ringwood Clinic

86 Mt Dandenong Road
Ringwood East VIC 3135
T: 9879 4299
F: 9870 9411

Brighton Clinic

Suite 4, 214 Bay Street
Brighton VIC 3186
T: 9596 6895
F: 9824 8205

Frankston Clinic

346 Nepean Highway
Frankston VIC 3199
T: 9783 3866
F: 9783 6944

Richmond Clinic

Epworth Centre
Suite 5, Level 7
32 Erin Street
Richmond VIC 3121
T: 9421 6226
F: 9426 4321

Bendigo Clinic

401 - 405 High Street
Golden Square VIC 3555
T: 5441 4333
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Sydney Clinic

Macquarie University Clinic 307
Level 3, 2 Technology Place
Macquarie University
NSW 2109
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