



Fractured Neck of Humerus

You have broken the long bone between your shoulder and your elbow near to the shoulder joint. This is treated with a collar and cuff type of sling and you will be seen in follow-up clinic by the Orthopaedic (bone and joint) doctors. The fractures heal well with conservative management..

These fractures are very painful and take approximately 6 to 12 weeks to heal. You may experience all sorts of pains including aching, crunching or grating sensations around your shoulder.

Things to help:

- Wear loose clothing over your sling to prevent excessive movement - don't try and thread clothing over your arm
- Exercise you fingers, wrist and elbow to prevent them becoming stiff and help control the swelling.
- Keep your sling on at all times
- Sleep sitting upright by using pillows in bed or in a reclining arm chair.
- Don't rest your elbow on anything, allow it to hang unsupported at all times
- Take regular pain killers don't wait for the pain to become unbearable
- To wash under your arm lean forward allowing your arm to hang down and use wet wipes or a damp flannel
- Don't wear rings or bracelets on the affected arm

Things to look out for: -

If you develop any of the symptoms below please return to the Emergency Department:

- A change in the ability to use your hand or wrist on the affected side
- Unbearable pain despite painkillers
- Numbness or tingling in the affected hand or arm

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔