

# Humeral brace



## Information for patients

MSK Outpatients - Splints & Bracing



**PROUD TO MAKE A DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



You have been fitted with a brace which has been specifically made for you.

**Brace fitted on** .....

## What type of brace have I been issued?

The brace you have been fitted with is a **Humeral Brace**.

## What is the purpose of the brace?

- The brace has been fitted to support the fracture in your arm.

## When should I wear the brace?

- The brace should be worn at all times
- Please do not remove the brace.
- The brace should only be removed by your therapist or when attending clinic.

## How do I clean it?

- The brace and your arm will be cleaned regularly by your therapist.
- If you normally use deodorant please do not use a spray type as this may cause irritation to the skin beneath the brace.
- It is advisable to try to keep cool as the brace can be very warm to wear. We suggest you wear a loose fitting t-shirt or short sleeved shirt to assist with this.

## Should I exercise my arm?

- Please follow the advice of the therapist who has fitted the brace.
- When sitting whilst awake you can remove your arm from the sling and rest it across your lap, however do not remove the brace.
- When your fracture starts to heal you will be provided with some gentle exercises.

## Are there any things I should avoid?

Please keep the brace away from sources of heat.

## Is there anything I should look out for?

**Please do not alter the brace yourself**, but if you have any difficulties, for example:

- pain and swelling
- pins and needles and numbness
- red or sore areas
- change in skin colour
- allergic reaction

Please ring **0114 271 5799** and ask for:

.....

**If you are unsure about any aspect of the treatment, please do not hesitate to ask for more information.**

Our team is always interested in your comments on the items provided and the service you receive.

Please feel free to phone or write to the manager if you wish to give us any feedback:

## Therapy Services Department

Northern General Hospital  
Herries Road  
Sheffield S5 7AU

Telephone: **0114 271 5799**

Opening times: 8.00am - 5.00pm



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