

Patient information

Proximal humeral fracture (break in the upper arm bone)

Barts Health Physiotherapy Website:

www.bartshealth.nhs.uk/physiotherapy



What has happened to my shoulder?

A fracture occurs when the arm bone (humerus) is broken as a result of an accident such as a fall onto the arm. This will be confirmed after an X-Ray in hospital.

Common symptoms

- Pain
- Bruising and swelling
- Difficulty moving the shoulder
- Apprehension or anxiety about movement

What can I do to help my shoulder recover?

You will likely to be placed in a sling and told to keep your arm still for the first few weeks. However in the early stages it is important to keep your elbow, wrist and hand moving to prevent them getting stiff and weak. This may be difficult as you may notice swelling down your arm but please try as pain allows.

Your Doctor or Physiotherapist will tell you when it is safe to start exercising the shoulder.

Exercises

Weeks 1-3

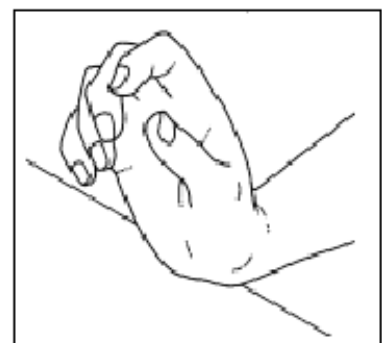
1. Elbow bending and straightening.
Hold for 5 seconds, repeat up to 10 times.



2. Turning palm down and palm up.
Hold for 5 seconds, repeat up to 10 times.

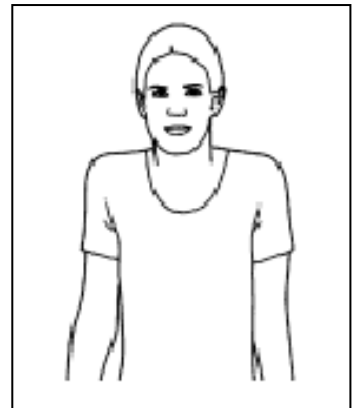


3. Wrist bending and straightening
Hold for 5 seconds, repeat up to 10 times.

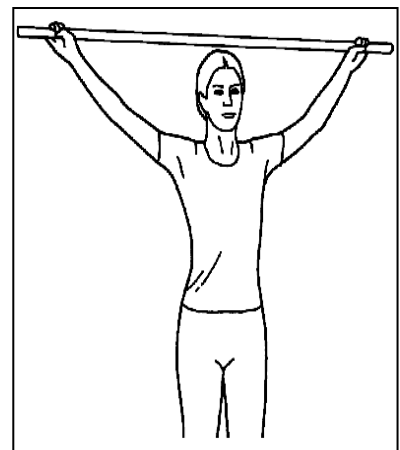


4. Gently lift your shoulder blades towards the ceiling.

Hold for 5 seconds, repeat up to 10 times



5. Using a stick, lift both hands up above your head as far as you can. You should feel a gentle stretch, but no pain or instability. Hold for 5 seconds, repeat up to 10 times.

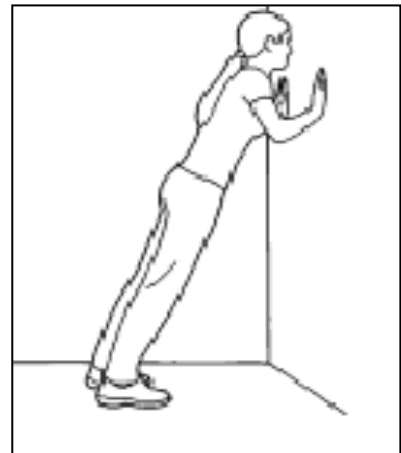


Late stage

After about 6 weeks or when your movement returns to normal and pain levels are minimal, try these more difficult exercises.

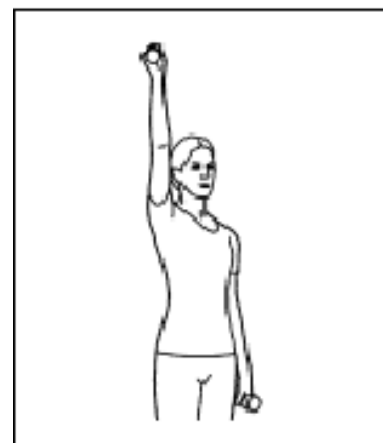
1. Put your hands on the wall in front of you and gradually lean forwards, keeping the weight equally between both arms. Hold for 5 seconds, repeat up to 10 times.

Progress by holding for up to 30 seconds. You can make this harder by doing the same exercise but leaning on the edge of the table.



2. Holding a small weight in your hand, lift the arm forwards up above your head. Also try lifting the arm out to the side.

Try 3 sets of 6-8 repetitions



What if my symptoms do not improve?

If your pain does not improve with the exercises or your pain and symptoms increase, please consult your GP for further management.

Contact Information for Barts Health Therapies Department

The Royal London Hospital

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Email: wxphysio.outpatients@bartshealth.nhs.uk

Newham University Hospital

Telephone No: 0207 363 8141

Email: TherapyOutpatients.Newham@bartshealth.nhs.uk

For patient information leaflets on other conditions please visit:

www.bartshealth.nhs.uk/physiotherapy

Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services.

www.bartshealth.nhs.uk/pals

Large print and other languages

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

Te informacje mogą zostać na żądanie przedstawione w formatach alternatywnych, takich jak łatwy do czytania lub duża czcionka, i w różnych językach. Prosimy o kontakt pod numerem 02082238934.

Macluumaadkan waxaa lagu heli karaa qaabab kale, sida akhriska fudud ama daabacaadda wayn, oo waxaa lagu heli karaa luqaddo kale, marka la codsado. Fadlan la xidhiidh 02082238934.

এই তথ্য বিকল্প ফরম্যাটে, যেমন সহজে পড়া যায় অথবা ব্রিড ব্রিট প্রিং আপনার অনুব্রাটে বিকল্প ভাষায় পাওয়া যেতে পারে। অনুগ্রহপূর্বক যোগাযোগ করুন 02082238934।

Bu bilgiler, okuması kolay veya büyük baskılar gibi alternatif biçimlerde ve talep üzerine alternatif dillerde de sunulabilir. İrtibat için lütfen 02082238934 numaralı telefondan ulaşın.

اس معلومات کو متبادل شکل، جیسے، پڑھنے میں آسان یا بڑے حروف، میں دستیاب کرایا جا سکتا ہے، اور درخواست کرنے پر اسے متبادل زبان میں بھی دستیاب کرایا جا سکتا ہے۔ براہ مہربانی 02082238934 پر رابطہ کریں۔

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All our patient information leaflets are reviewed every three years.