

# LCFD

## OFFLINE MEDICAL CONTROL

### **PROCEDURE- PROXIMAL HUMERUS (SECONDARY SITE-TO BE USED IF THE TIBIAL SITES ARE UNUSABLE):**

#### **Proximal Humerus Identification & Insertion Technique - Adult**

**Identify the proximal humerus:**

**Place the patient's hand over the abdomen (elbow adducted and humerus internally rotated)**



**Place your palm on the patient's shoulder anteriorly**

**The area that feels like a "ball" under your palm is the general target area**

**You should be able to feel this ball, even on obese patients, by pushing deeply\**



**Place the ulnar aspect of one hand vertically over the axilla**

