

## Fractured Humerus

### Contact Details

If you have any questions please telephone the RUH Emergency Department on

**01225 824000 (day)**

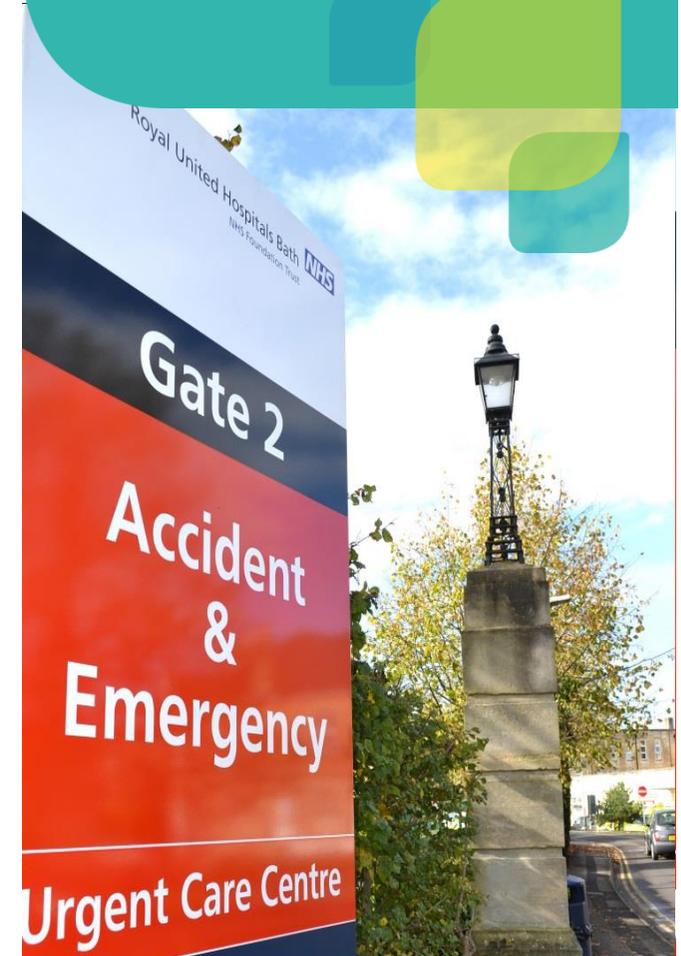
**01225 825015 (night)**

Royal United Hospitals Bath  
NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

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## Care of a humeral fracture in a collar and cuff

If you have a fractured humerus you will probably have a collar and cuff sling applied. This is designed so that gravity can allow the bone to stay in as good a position as possible. It is very important that you follow a few steps to make sure you are comfortable and that there is minimal movement of your fracture.

**DO NOT** put pillows, cushions or any support under your elbow as this will prevent gravity from doing its job of keeping the broken bone in alignment.

**DO NOT** try to put the arm into clothing as the movement may move the bone. You can keep the arm under clothing.

**DO NOT** take the collar and cuff off of the arm unless the doctor or physio has instructed you to.

**DO** try to relax the arm into the collar and cuff as much as you can.

**DO** flex and extend the wrist (move the wrist up and down).

**DO** prop yourself up in the bed to sleep as lying down will be very uncomfortable and may move the bone in the wrong direction.

**Please contact us if you have any queries or problems we can help you with.**

