

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

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
or telephone 01225 825656.

Date of publication: April 2017
Ref: RUH EMD/024 v2
© Royal United Hospitals Bath NHS Foundation Trust



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.

