

PROXIMAL HUMERAL FRACTURES - DR HAMMOND'S PROTOCOL

Most of these fractures can be managed non-operatively with a collar and cuff.

Collar and Cuff Arrangement.

The collar and cuff should be applied as per these photos - you will note a safety-pin is used to enable adjusting of the collar and cuff. The adjustment can allow any flexion of the elbow that is comfortable with 90 degrees being the norm. It can also be adjusted to allow the hand to be able to be slipped out of the loop without too much difficulty. However, it should be tight enough to prevent the hand falling out when the patient is asleep.



Rehabilitation Protocol

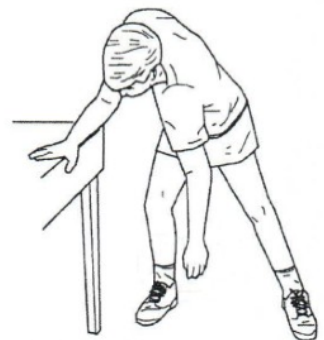
Please see my 'Rehabilitation Protocol For Proximal Humerus Fractures' PDF which you can download from my website.

<http://www.terryhammond.com.au/proximal-humerus-fractures.html>

The essence of this is that patients should be encouraged hand, wrist and elbow exercises to ensure that these joints do not get stiff. Emphasis should be given to ensuring full elbow extension. The other important exercise is gentle "dead arm hangs". This is to allow dressing and washing underneath the axilla.

Dead Arm Hang

- **gently** take your arm out of the sling and allow the elbow to straighten out fully
- lean your body forward and let your arm **gently** hang like a "dead arm"
- there should be a gap where air can get out of your arm pit. You can then wash it for hygiene
- Note – do not swing your arm back and forth or do circles – just let it hang
- do this about 3 times a day



Follow-Up

Should have a repeat x-ray in 7-10 days.