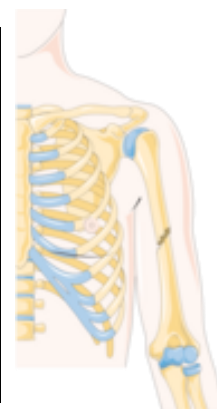


# Humerus Fracture

A humerus fracture is a break in the humerus, the upper arm bone, which runs from the shoulder to the elbow. This type of fracture can result from a fall, direct hit, car crash, sport injury, or other trauma to the arm. Fractures of the humerus can vary from a small crack to multiple broken pieces and can occur in different parts of the humerus.



## What to Expect

Symptoms of a humerus fracture include:

- Pain, swelling, bruising, or discoloration
- Difficulty moving the shoulder or arm

The bone can take 6 to 8 weeks to heal

Often people develop stiffness in the shoulder which can be severe and can last for months.

### Recommended Follow-Up

- ☐ Follow up in \_\_\_ days.

Name of Provider

Reason

Date/Time

Location

Contact Info

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



## When to Get Help

**See a pharmacist, or call 8-1-1 (7-1-1 for the hearing impaired) if:**

- You have questions about your medication & condition
- You need to refill or renew your medication

**See your health care provider, go to a walk-in clinic, or call 8-1-1 (7-1-1 for the hearing impaired):**

- If your pain is not controlled
- If you have ongoing difficulty moving the shoulder and arm.
- If you have mild numbness or weakness of the shoulder and arm.

**Go to the nearest Emergency Department or Urgent Care if:**

- You experience increasing severe pain or swelling
- If you have severe numbness or weakness of the shoulder, arm, or hand.

Notes:

**To Learn More:**

- HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) to speak to someone who can help you find reliable health information or connect you with a health professional.
- Information about BC's health services: <https://www.healthlinkbc.ca/find-care>



## How to Care for Yourself at Home

**Medication**

Over the counter pain medication such as acetaminophen (Tylenol) or NSAIDS such as ibuprofen (Advil) can be used to relieve the pain of a humerus fracture.



If your pain is severe, your doctor may suggest a stronger medication.

Your pharmacist can help you understand how to take the medication properly, manage potential side effects, and avoid interactions with other medications or supplements you may be using.

**Diet**

A balanced healthy diet is important. Calcium and vitamin D are important to bone health as is weight-bearing exercises.



**Activity**

Use the sling and brace or cast as directed by your care provider.



Rest as much as possible and if possible, elevate your arm to reduce swelling.

## Humerus Fracture Discharge Instructions - continued

Avoid heavy lifting or doing activities that call strain the arm until your doctor or physiotherapist advises it is safe.

Recovery from a humerus fracture will take time – 8 weeks to several months. Rehabilitation is very important, and your doctor and/or physical therapist may provide you with exercises to help improve your range of motion, decrease stiffness, and strengthen the muscles surrounding your elbow and shoulder. Early mobilization can help prevent stiffness and improve outcomes.

### REFERENCES

1. *Distal Humerus Fractures of the Elbow* - OrthoInfo - AAOS [Internet]. www.orthoinfo.org. American Academy of Orthopaedic Surgeons; Available from: <https://orthoinfo.aaos.org/en/diseases--conditions/distal-humerus-fractures-of-the-elbow/>

Find this information sheet on the ECBC website:

[https://emergencycarebc.ca/clinical\\_resource/patient-information-sheet/humerus-fracture](https://emergencycarebc.ca/clinical_resource/patient-information-sheet/humerus-fracture)

### Additional Information

My Health Alberta:



Humerus Fracture

<https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=zp4101>

SickKids:



Supracondylar Humerus Fracture

<https://www.aboutkidshealth.ca/Elbow-injury-supracondylar-humerus-fracture>

HealthLinkBC

<https://www.healthlinkbc.ca/>

