

# FRACTURE OF THE PROXIMAL HUMERUS

## What is a proximal humerus fracture?

- A "proximal humerus fracture" is a break to the bone of the upper arm, close to the shoulder
- This injury heals quickly and well!
- Because there's so much movement in the shoulder, the bones don't have to line-up perfectly straight away as the fracture will heal itself well



- See your GP or nearest doctor today if your child's pain is not responding to paracetamol or brufen
- If your child complains of tingling, numbness or purple hands.

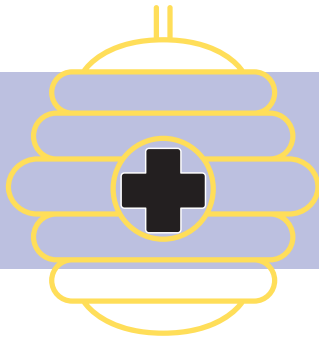


- This injury heals best in a sling
- Some pain and discomfort is normal with an injury
- Give your child paracetamol and ibuprofen as prescribed for the first few days

### Contacts:

Health line 0800 611 116 (available 24 hours)





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## Wearing a sling

- Younger children may find it hard to wear the sling. Try placing the sling on your child's arm under their t-shirt.
- Your child should wear their sling at all times except when showering or sleeping
- When helping your child put their sling on check to make sure their elbow is not being pushed up by the sling- it will be more comfortable if their wrist is higher than their elbow



## How is this fracture treated?

- Your child doesn't need a cast- the sling holds the arm in the perfect position
- We recommend your child does not lift their arm over their head for the first 2-3 weeks after this injury
- Simple pain relief such as paracetamol (Pamol) or ibuprofen (brufen) can help keep your child comfortable

## Follow-up

As directed by your discharge paperwork.

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