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PATIENT INSTRUCTIONS FOR WEARING AND CARING FOR YOUR HUMERAL FRACTURE ORTHOSIS

General Information

Your custom fit Humeral Fracture Orthosis will help correct and maintain the proper alignment and position of your broken humerus (upper arm). Proper alignment is vital for healing a fracture. Your orthosis will help stabilize your arm through rigidity and soft tissue compression. You may experience slight discomfort as you adjust to the new orthosis and proper alignment position. This period could range from one to two weeks and a follow-up visit for adjustments is common. It is vitally important that you avoid lifting, twisting, or bending motions that will re-injure your arm. **ALWAYS** follow your physician's instruction for wearing times and use of the orthosis.

The following wearing and care guidelines will help you be as comfortable as possible during this time.

Wear Time and Application

Unless otherwise instructed by your physician or orthotist, your fracture orthosis needs to be worn 24 hours a day like a cast. You may change the sock under the orthosis on a regular basis every _____ days with assistance. You can re-tighten and realign your brace during this time. The orthosis needs to be worn snugly but not overly tight as to impede circulation. Avoid pressure under the elbow and be careful sitting, as your upper arm needs to be in alignment with gravity.

Clothing

Always wear a sock against the skin under your fracture orthosis. Smooth out all wrinkles, as they can cause irritation. If you perspire excessively, you may change your sock as often as necessary with assistance. Dress over the fracture orthosis as you wish.

Skin Care

Keeping yourself and the orthosis clean will help protect against skin irritation. Check your skin routinely for red marks and areas of irritation. Mild soap and water are recommended to clean the orthosis. Rubbing alcohol is also an excellent way to clean the inside of the orthosis. Spray the inside and wipe clean with a cloth. Avoid lotions, oils, ointments, or powders under your orthosis.

When to call the office

Contact Seacoast Prosthetics whenever you need help or have any questions regarding the fit of your orthosis. Your orthosis will need immediate adjustments if you develop red areas or pressure sores, if you have significant increase or decrease in swelling, or if your Velcro straps are no longer securing properly. Keep all scheduled follow-up appointments with your physician as they will monitor the progress of your healing. Your practitioner will work closely with you and your physician to ensure the best orthotic treatment possible.



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