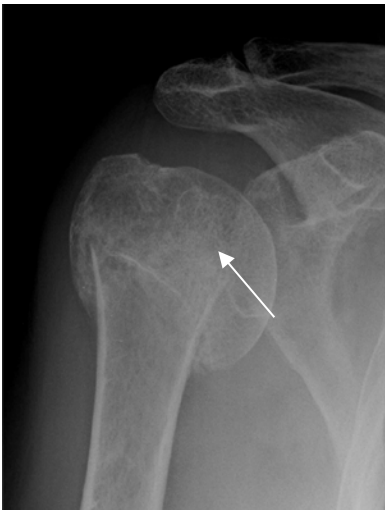


## Humeral neck fracture: discharge advice



- You have sustained a break below the ball part of your shoulder joint.
- These fractures almost always heal well with time.
- A collar and cuff will hold your shoulder in a comfortable position whilst the fracture begins to heal.
- In this support you can start performing gentle swinging / pendulum exercises and moving the elbow in a circular motion. As pain settles you can increase your range of movement.
- See overleaf for basic exercises to start as you have been advised
- You should wean yourself out of this support within the first two to three weeks, or sooner if the shoulder feels comfortable.
- You may initially require regular painkillers, as it is important to keep gently moving the shoulder before gradually resuming daily activities. This will reduce stiffness and help to ensure a quicker return to function.
- Symptoms may take up to 8 weeks to settle.
- There may be reduced movement at the shoulder, particularly on lifting your arm straight or out to the side. Reaching around to touch your shoulder blades may also be restricted.

If the pain gets worse or lasts more than 3 weeks, or if you are concerned following discharge from hospital, please contact: Fracture Clinic on **0118 322 6567 (12 noon-5pm, Monday to Friday)** or mobile: **07554 330 369**.

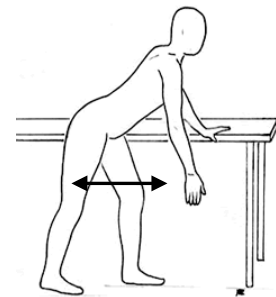
## Shoulder injuries exercises

To overcome stiffness in your shoulder, do the exercises below.

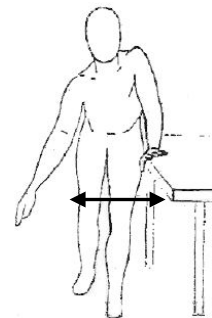
### Remember:

- Remove brace / splint / sling\* before exercising. (\*Staff to delete as appropriate.)
- Exercise as the pain allows – do not continue if it is too painful!
- Complete five of each exercise.
- As the exercises become easier, build up to completing three times a day.

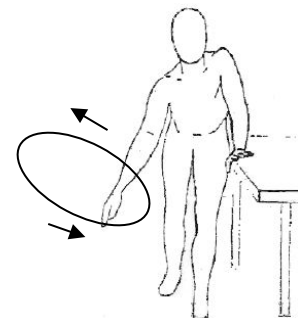
1. Lean forwards in a steady, supporting position. Swing your arm forward and backwards, slowly like a pendulum.



2. Then swing your arm across your body and out to the side slowly.



3. Complete by swinging your arm in a circular motion.



### Further information

Visit the Trust website at [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

Fracture Clinic, January 2018

Review due: January 2020