

Our outpatient clinics run between 9am to 5pm Monday-Friday. If you have any concerns or problems during these times please contact:

Clinic 1B
Whittington Hospital
Magdala Avenue, London N19 5NF

The Fracture clinic: 020 7288 3799 or 5659
The plaster room: 020 7288 5668

The emergency department at any other time
Phone: 020 7288 3304

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)
[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

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Date published: 16/07/2020
Review date: 16/07/2022
Ref: SC/T&O-VFC/NHF/01

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Neck of Humerus Fracture

A patient's guide



You have been diagnosed with a neck of humerus (upper arm) fracture as shown on the picture of the x-ray.

Many of these can be treated without surgery but these can be very painful and swollen. Please expect 3 months for the fracture to heal.

You will be re-called to the hospital for x-rays as needed.

You will be provided with a Collar & Cuff sling as shown.

It is important that the hand rests in the cuff with no upward pressure on the elbow. The elbow **MUST** be left to hang freely otherwise it may move the fracture and cause pain.

DO NOT rest the elbow on the arm of a chair.

YOU ARE encouraged to remove the hand from the cuff and perform daily exercises – Please see our video for guidance on:
<https://www.whittington.nhs.uk/VFC>

1. Pendular shoulder exercises
2. Elbow exercises
3. Wrist and hand exercises.

If you experience new numbness, tingling or hand weakness, please contact the clinic for guidance.

Please refer to the DVLA website regarding your fitness to drive if required.

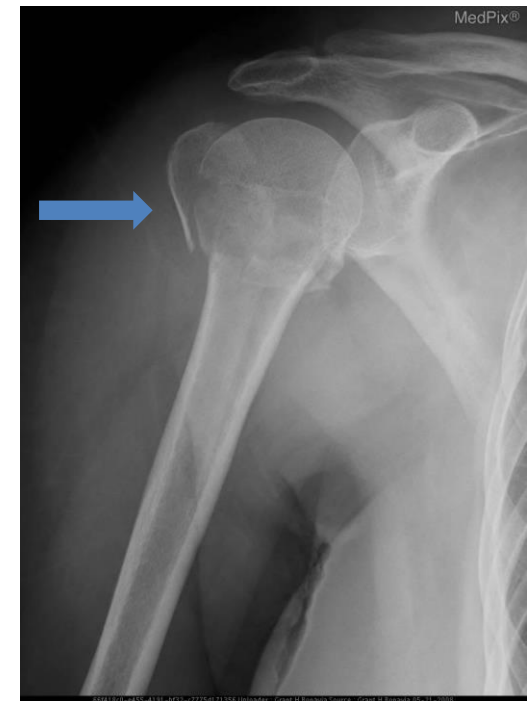
A range of patient information leaflets and videos providing guidance and advice are available here:



Collar and cuff sling



Neck of humerus fracture



Leaflet Written by R. Chammaa, S. Mellett