



# **Orthotic & Prosthetic**

SPECIALTIES INC.

## **HUMERAL FRACTURE ORTHOSIS**

### **USE AND CARE INSTRUCTIONS**

A Humeral Fracture Orthosis (Humeral Cuff) is a specialized brace used to treat a fracture of the humerus.

#### **HOW TO USE YOUR HUMERAL FRACTURE ORTHOSIS**

- Your Humeral Fracture Cuff will be fit by your orthotist. There are two styles of cuff, one that fits from your axilla to your elbow and one that also has a cap over your shoulder. Your physician and the level of the fracture determine which cuff will be used.
- Once the Humeral Fracture Cuff is on your arm you **should not remove it** without instruction or permission from your physician. In some situations your orthotist may remove it for adjustment.
- The Humeral Cuff closes with Velcro straps. The straps should be kept snug. You may need to adjust the straps if your arm size goes up or down (with swelling). The important thing is to keep the straps snug.
- A cotton sock will be worn under the cuff. The sock will absorb perspiration and help protect your skin. If you are permitted to remove your fracture cuff you will need to change the sock regularly.
- Often the patient wearing a fracture cuff will also wear an arm sling to support their arm.
- It is very important to monitor your skin for pressure areas. If you see or believe there is an area where a sore is developing contact your orthotist.
- Do not become discouraged if you feel an adjustment is needed. This is not unusual. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

#### **HOW TO CARE FOR YOUR HUMERAL FRACTURE CUFF**

- If you are permitted to remove your fracture cuff you should clean the inside foam liner by wiping it with rubbing alcohol. Remember that this is only for those who are **permitted by their physician** to remove the cuff.

#### **IMPORTANT NOTES ABOUT YOUR HUMERAL FRACTURE ORTHOSIS**

A Humeral Fracture Orthosis is a specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.