

Humeral Fracture Brace

A Humeral Fracture Brace is used to stabilize a fracture in the upper arm while allowing motion in the forearm and hand. The brace promotes fracture healing by compressing the soft tissue in the arm to limit its motion. It is imperative that the straps and plastic shell stay tight over the humerus to allow for proper healing.

The Fracture Brace should be treated like a cast, meaning it should be worn full-time.

Your doctor will determine if the brace can be removed at certain times during the treatment period. As the swelling in your arm decreases, you may notice that the brace becomes loose. Tighten the Velcro straps to ensure the brace maintains compression.

Cleaning & Maintenance

Your doctor will determine when you are able to remove the fracture brace for bathing. The fracture brace may be cleaned with a washcloth and warm water. It may be disinfected with rubbing alcohol or mild antibacterial wipes. Harsh cleaners, like bleach, are not recommended as the brace is in close contact with skin. Do not submerge the brace in water as it may damage the foam lining. Hand wash the cotton stockinette with warm water and mild detergent. Lay it flat to dry. Ensure that your arm and stockinette are dry prior to reapplying.

Important Information

- The brace should always be tight to maintain compression to promote fracture healing.
- Continue to use your arm with the fracture brace as much as possible.
- Always wear a sock underneath the brace. This will prevent skin breakdown and improve overall hygiene. Sock changes will be directed by your doctor.

Please contact the Doctor and/or Orthotist if you have any questions or concerns.



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