



2034 Dabney Rd. Suite C

Richmond, VA 23230

Phone: 804-649-9043

E-mail: powell@powelloandp.com

Web: www.powelloandp.com

Orthotic Care and Wear Instructions

Humeral Fracture Brace

General Description:

The Humeral Fracture Brace is a protective device worn on the upper arm to aid in healing and alignment of the injured bone.

Application:

1. Relax your arm and let it hang naturally. Sprinkle talcum powder on the upper arm and put on a clean stockinette (a special, open top sock). Smooth out any wrinkles.
2. Apply the front section on the front of the upper arm, and then apply the back section. The back section must overlap the front section. If possible, have someone assist the person putting on the brace to get the best fit.
3. Take the Velcro strap and pull it through the plastic loop, located in center. Next, pull the strap through the plastic loop on the back section, holding the back and front sections together snugly. Continue pulling the Velcro strap over the front until it fastens to itself. Take the remaining Velcro strap and pass it through the plastic loop on the back section and fasten it to itself. Equal pressure should be maintained on all straps. Straps may be adjusted to obtain a snug fit.

Wearing Schedule:

Humeral Fracture Brace should be worn according to physician's specified schedule.

Cleaning and Maintenance:

The best way to clean the brace is to spray the inside with rubbing alcohol and wipe dry to remove body oils and residue. It can also be cleaned by wiping it out with a damp towel and anti-bacterial soap, or anti-bacterial moist towelettes. Wash the cotton stockinette in cold water and air dry or machine dry on low.

Do not immerse the brace in water, as this will harm it.

Keep the brace away from excessive heat to prevent damage to the plastic.



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Bathing:

When the doctor has given permission to clean the arm or to change the stockinette, the arm may be cleaned as follows:

- Shower with the brace on.
- Follow the instructions above for removal of brace.
- Gently dry the arm and reapply the brace with a clean stockinette following the instructions above.

Risks and Benefits:

BENEFITS

- Stabilizes fracture
- Aids in healing and alignment of the injured bone.
- Reduce pain

RISKS

- May cause skin breakdown such as scratching, bruising, or blistering, which can cause serious complications if skin is not checked regularly or if device is not applied as directed.

Tips and Problem Solving:

- With the braced arm, try to use the hand, wrist, elbow and shoulder as much as possible.
- The brace should be worn snugly, but not so tight as to be uncomfortable.
- Do not remove the brace unless instructed to do so by the doctor or orthotist.

If there are any problems or questions regarding the brace, please contact the orthotist.