



# Humeral Fracture Brace



- A humeral fracture brace is worn on the upper arm.
- The brace has been molded and/or modified specifically for you.
- The brace may or may not have an elbow joint. This is based on what your doctor has prescribed for you.
- Your brace may or may not have a sling strap to help hold your arm.
- Always follow specific instructions given to you by your doctor and practitioner.

## Wearing the brace

\*\*Always follow the wearing instructions of the device as described by your doctor and practitioner.

Prior to wearing the brace, it is important to check the following things:

- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure any rivets, straps, or fasteners are secure on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters or sores **at least 1 time a day**.
- This device is designed to always be worn with stockinet between the brace and your skin. It should cover all areas of your arm that contact the brace.

\*\* If you find any concerns or questions, **contact your practitioner before wearing the brace**

## Precautions

- It is important to keep your brace and stockinette dry.
- Keep the brace away from excessive heat.
- Discuss bathing and wearing options and times with your physician.
- **Do not** put anything inside your brace. **Do not** cut, file, or modify your brace.
- The brace should be worn as snugly as comfortable. Do not over tighten the brace.
- When your arm is in the brace, try to use your hand, wrist, elbow, and shoulder as instructed by your physician.
- Clean your device by spraying the inside with Isopropyl Alcohol (rubbing alcohol) and wipe dry with a clean towel. It may also be cleaned by wiping it out with anti-bacterial moist towelettes or by wiping it out with a damp towel and hypoallergenic soap and water. **Do not** immerse the device in water!
- Wash the cotton stockinette in cold water and air dry or machine dry on low. (While washing one cotton stockinette, be sure to be wearing the other one under your brace).

### **Be Aware of the following and immediately contact your physician if...**

- Excessive swelling develops above or below the brace.
- You experience tingling or numbness.
- Fingers below the brace are numb and difficult to use.
- Fingers are discolored
- Moderate discomfort changes to severe and constant pain.

### **Be Aware of the following and immediately contact your orthotist at Clark & Associates if...**

- If there are any cracks, rough edges, or worn areas on the brace.
- Any rivets, straps, or fasteners are loose on the brace.
- Your skin has abnormal redness, blisters or sores.
- The brace rubs, presses, pinches, or cause irritation.
- The brace is uncomfortably tight.
- If an offensive odor develops from either your brace or arm.

## Clark & Associates Prosthetics and Orthotics

Waterloo, IA - Toll Free: (800) 435-3803

Dubuque, IA - Toll Free: (800) 514-3317

Marshalltown, IA - Toll Free: (877) 753-0067

## [www.clarkpo.com](http://www.clarkpo.com)

Mason City, IA – Toll Free: (866) 463-5867

Cedar Rapids, IA - Toll Free: (877) 209-0913

Des Moines, IA (Clive) - Toll Free: (844) 340-2344

***(Instructions continued on back)***

Sioux City, IA – (712) 899-4352

### **How to apply a brace without elbow joints**

You may need someone to assist you with putting the brace on your arm.

- 1) Apply a clean stockinette over your arm.
  - Using the “roll up donut” method may ease this application. This is where the stockinette is rolled on itself, leaving the center hole open, like a donut. This hole is where your hand and arm enter the stockinette. Once past your elbow the stockinette is simply unrolled.
- 2) First, apply the front section of the brace over your arm. Then apply the back section of the brace. **NOTE:** The back section of the brace must overlap the front section.
- 3) Fasten the center strap first, holding the back and front sections together snugly. Then fasten the remaining straps, snugly. Attach the straps snugly and comfortably, but not overly tight.

### **How to apply a brace with an elbow joint**

You may need someone to assist you with putting the brace on your arm.

- 1) Apply a clean stockinette over your arm.
  - Using the “roll up donut” method may ease this application. This is where the stockinette is rolled on itself, leaving the center hole open, like a donut. This hole is where your hand and arm enter the stockinette. Once past your elbow the stockinette is simply unrolled.
- 2) First, align the joint of the brace with the outside of your elbow joint.
- 3) Place the upper and lower portion of your arm into the cuffs on the brace.
- 4) Fasten the straps nearest the joint first. Then fasten the remaining straps around your arm securing the brace in place. Attach the straps snugly and comfortably, but not overly tight.

### **How to apply the sling strap to the brace.**

Your brace may or may not have a sling strap to help hold your arm to your body. If you were provided a sling strap wear use this according to doctor orders.

- 1) Attach the D-Ring to the strap closest to the wrist.
- 2) Place the neck strap over the opposite shoulder of the injured arm. This strap then comes across the back and under the injured arm.
- 3) Use the clip to attach the end of the neck strap to the D-Ring on the neck strap where it originates on the brace.