



head to foot orthotics

Humeral Fracture Orthosis



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

What is a Humeral Fracture Orthosis (HFO) for?

All bone fractures need to be immobilised for healing to occur. A HFO uses plastic shells to firmly compress the soft tissues around the humerus (upper arm) bone. This helps to align and immobilise the fracture site and promote healing. A HFO can be an alternative to plaster casting or be used as a conservative option to avoid surgery.

Orthosis is another name for an orthopaedic support.

When to Wear

- Don't remove the orthosis unless instructed to do so. You will have to sponge bath until your doctor gives the order to remove the orthosis usually after 6-12 weeks.

Wearing Problems

- Be aware of pain or rubbing caused by the HFO. Prominent bones or soft fleshy areas are where this will most likely occur. **Contact your Orthotist ASAP if any of the above occurs.**
- The HFO must be firmly fitted in order to be effective. As swelling subsides it will be necessary to tighten the Velcro straps. Your Orthotist will advise you how to do this.
- Keep the HFO as clean and dry as possible. The sock underneath is usually changed once every fortnight when you are reviewed by your Orthotist.

- Gently exercise the joints above and below the HFO as shown by your Doctor or Physiotherapist if this has been allowed. If you are allowed to gently exercise this is important as it assists in the healing of the fracture.
- Don't make any adjustments to your HFO without the proper instruction from your Orthotist.
- Refrain from any physical activity that has the potential to harm your injury and your HFO e.g. refrain from lifting heavy objects.
- If you feel there is a problem with your HFO please do not hesitate to contact your Orthotist. Problems could range from skin soreness, pain at your fracture site or looseness of the HFO.

Cleaning

Fortnightly appointments should be made with your Orthotist to review the HFO, clean the HFO and your skin, and change the under sock.

Individual client notes



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Further Details

Please contact if you have questions or require an appointment.



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