



WEARING INSTRUCTIONS: FRACTURE BRACING

You have just received a **humeral fracture brace**. There are just a few points to note:

You should have received extra stockinette from your practitioner. The stockinette should be applied to the arm under the brace. It not only increases the comfort of the brace, but also prevents skin breakdown. The stockinette should be hand washed and hung dry. Do not put it in the washer and dryer. Please contact our office if you need more.

The straps should be as tight as possible without cutting off circulation. The strap at the top of the cuff should go under the opposite arm and around the body. This strap also helps keep the brace from sliding down. if the brace slides down, have someone assist you in adjusting the brace. They will need to loosen the straps so it can be moved back into the proper position and then retighten the straps.

Please contact our office if:

1. The brace is digging into your skin, either under your arm or at the elbow.
2. You desire more stockinette.
3. Swelling has gone down and your brace needs to be adjusted.
4. You have any skin breakdown.
5. You have any questions or concerns.

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