

Medi humeral brace

This brace is primarily used for fractures and injuries associated with the humerus bone. It can be used postoperatively for humeral shaft fractures or for conservative (non-operatively) management.

You may have been put into a temporary plaster called a hanging-u-slab, humeral slab or just u-slab initially depending on the swelling of your arm.

How to fit



- Lift up the Velcro lip on the side of the arm and remove the straps.
- Open the brace from the back and fit onto the shoulder with the shoulder fitting in to the cup shape on top.
- Put the strap on the back around your back and under the arm pit, and connect it to the strap on the front around the chest.
- Using the straps around the arm, tighten them around the bicep with enough tension to feel supported. The brace comes with 4 straps, but the practitioner may have removed some depending on the patient.

Using the sling

The brace comes with a sling, however the orthopaedic practitioner may advise an alternative sling. If the sling for the brace is being used:

- Put the slip of the sling (not the hand bit) through the back strap of the brace and pull it over the non-broken shoulder.
- Using the Velcro tab, adjust the length of the sling. The practitioner should explain what position this should be in.
- NOTE: The sling can sit on the front or the back of the chest strap (See last two pictures above).

General advice

- The brace **MUST** be removed every couple of days. This is to ensure there is no evidence of skin break down or sores forming. If this does occur, please phone the telephone number below and seek advice.
- Unless told otherwise, the brace must be worn at all times, (except to check the skin and for hygiene reasons). This is very difficult to do alone so you should get someone to help you. It should be self-explanatory using the instructions above.
- Unless told otherwise, the elbow should be left to hang. This allows gravity to help pull the bone into the correct position. The sling should be positioned around the wrist with the angle of the elbow between 90 and 120 degrees.

Care instructions

- Velcro straps should be closed for washing
- Soap residues, lotions and ointments can cause skin irritation and material wear. Ensure all lotions are dry before applying.
- Wash the brace by hand and allow to dry naturally.
- Do not bleach.
- Do not iron.

Seek help immediately if:

- you feel that the brace is rubbing or digging into your skin
- you have numbness or 'pins and needles' in your fingers
- you have a lot of swelling in your hand
- your fingers are blue or white
- you have severe pain
- the skin breaks down

Contact details (Poole)

Plaster room

Telephone: 0300 019 2140

Emergency Department

Telephone: 0300 019 2202

Please note: Our telephone lines are open from 9am to 5pm however a 24 hour answerphone service is available and we will get back to you as soon as we can.

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