

Humeral and forearm fracture brace

What is a humeral fracture brace?

A humeral fracture brace is a type of plastic brace. It wraps around the upper part of the arm to help heal a broken bone.

- The humerus is the bone in the upper arm.
- Fracture is another word for a broken bone.

What is a forearm fracture brace?

A forearm fracture brace is a type of plastic brace. It wraps around the lower arm to help heal a broken bone.

- The forearm is the lower part of the arm. It has 2 bones called the radius and the ulna. One or both of these bones may be broken.
- Fracture is another word for a broken bone.

Who will treat my child?

An orthotist will treat your child. Orthotists measure, design and fit braces.

How can the brace help my child?

The brace wraps around the arm and puts pressure on the soft tissues around the bones. This acts like a splint and helps to:

- Heal the broken bones.
- Let your child use their arm.

What can I do to help prepare my child?

Tell your child that:

- It is normal for their arm to feel sore and tender.
 - They may have just come out of a cast or splint. This can make their arm weak and sore.
 - Their arm may be bruised, swollen or tender to touch.
- The orthotist will measure their arm. Your child may also have a cast mold made of their arm.
- The brace needs to be snug on their arm.

You can also prepare your child's arm for the brace.

- Wash their arm **gently** with warm soap and water.
- Remove any dry skin that is still on the skin from the cast or splint.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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What does my child wear on their arm under the brace?

The orthotist will give your child a sock to wear under the brace.

How do I use the brace?

Talk with your child's doctor and orthotist about how to put on your child's brace. Some guidelines are listed below.

How to put on the brace

- Put a dry, clean sock on your child's arm.
 - At first, this may be hard.
 - You may need 2 people to help put on the sock.
- Put the brace on your child's arm as you have been taught.
 - Be sure to put it in the right place.
 - Make sure the "tongue" of the brace goes under the thickest part of the plastic.
- Tighten the Velcro straps.
 - The strap tightness may change from day to day.
 - This depends on the amount of swelling and changes in arm size.
- Check the tightness of the straps during the day. Tighten as needed.
- Do not let your child do more activities than what the doctor or orthotist advises.

Clean the brace each day

- Each day, dampen a washcloth with rubbing alcohol and clean the brace.
- Your child may wear the brace in the shower or bath tub.
 - When they are done, remove the wet sock and dry the brace well.
 - Put a new, clean sock on their arm. Then put the brace back on.

Wear schedule

Have your child wear the brace as advised by the doctor or orthotist. This may vary based on your child's needs, treatment and type of injury.

What are the risks?

The brace must be snug in order to work well. If the brace is too loose, the bone may not heal the way it should.

Because the brace is snug, it may cause:

- Skin irritation, blisters or sores from too much pressure.
- Tingling, numbness or changes in skin color if it is too tight.
- Increased sweating under the brace.

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When should I call Orthotics?

- Call Orthotics if your child has skin problems or if the brace does not fit well. Please ask for a visit for that day or the next business day.
 - To make a visit, please see the phone numbers below.
 - On weekends or holidays, have your child wear the brace as they can. Then call the next business day.
- Signs of skin problems may include:
 - Redness that does not fade after 30 minutes.
 - White areas or blisters.
 - Hard skin or calluses.
 - Soreness or discomfort that gets worse.
- Call Orthotics if you have any questions or problems with your child's brace.
 - Call if you have concerns about how the brace fits.
 - The fit may change due to your child's growth or other physical changes.
 - If your child needs a new brace, the doctor will need to write a new prescription.

How do I reach Orthotics?

Orthotics addresses are listed below. To reach Orthotics by phone, please call 404-785-3229.

5445 Meridian Mark Road NE
Suite 200
Atlanta, GA 30342

605 Big Shanty Road NW
Kennesaw, GA 30144

2270 Duluth Hwy. 120
Suite 200
Duluth, GA 30097

1265 Highway 54 West
Suite 200
Fayetteville, GA 30214

410 Peachtree Parkway
The Collection at Forsyth
Suite 300
Cumming, GA 30041

2174 North Druid Hills Road NE
Suite 601
Atlanta, GA 30329

3300 Old Milton Parkway
Suite 370
Alpharetta, GA 30005

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.