

Proximal Humerus Fractures

Introduction

Proximal humerus fractures are common in young and elderly patients, which occurs due to either trivial fall or road traffic accident.

Symptoms

Swelling and pain in the shoulder
Associated crackling sound on shoulder movement.

Treatment methods

NON-SURGICAL MANAGEMENT

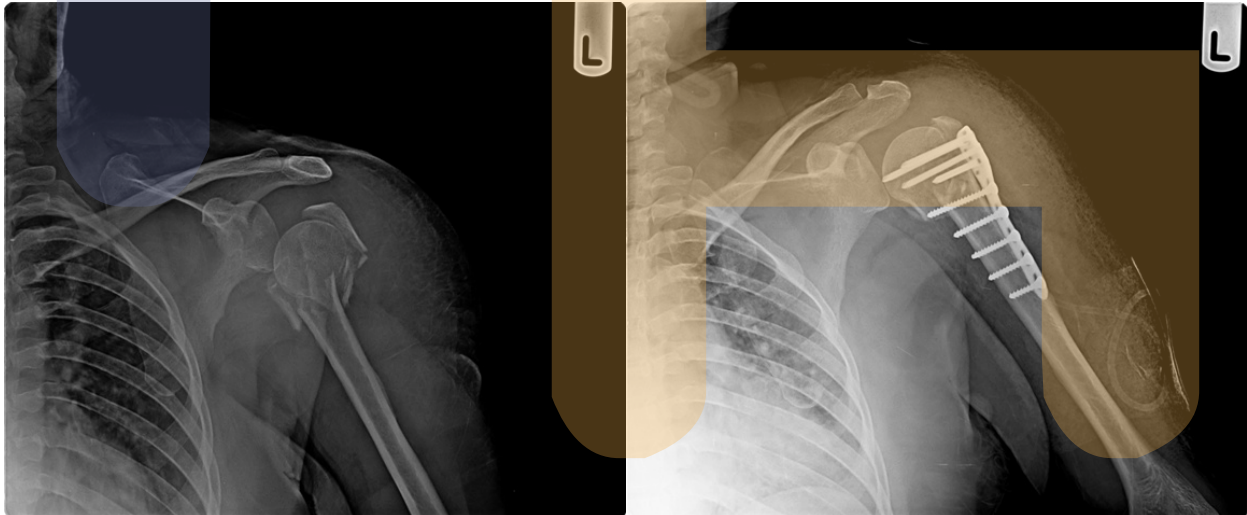
Undisplaced, minor fractures can be treated in the form of arm sling, medications, physical therapy. Patients who are treated conservatively will require three weeks of immobilization followed by pendular shoulder exercise. Assisted shoulder range of motion exercises from 6 weeks and strengthening exercise from 3 months.

SURGICAL

Most commonly these fractures have many fragments. They may or may not be associated with dislocation and often require surgical reduction for a good outcome.

Before

After



A proximal humerus fracture- broken into many pieces. Complete union was achieved in 4 months with surgical reduction and plate fixation.

OUTCOME

