

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

www.livewellsouthwest.co.uk



Livewell Southwest



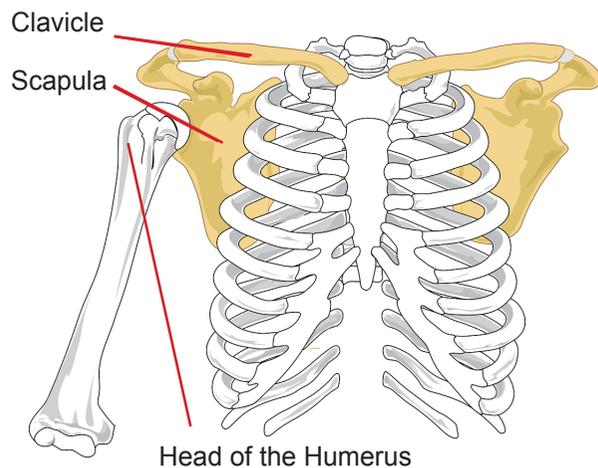
@livewellsw

Information & Advice

Shoulder Fracture

Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital



What are fractures of the shoulder?

Shoulder fractures are common and can occur when you fall onto an outstretched hand, or if you sustain a direct blow or fall onto the shoulder.

Fractured Humerus: This is a fracture (break) to the bone in your upper arm.

Fractured Clavicle: This is a fracture (break) to the collar bone. This is the bone that runs across the front of your shoulder to the middle of your chest.

Fractured Scapula: This is a fracture to the bone at the back of your shoulder / chest.

How is it diagnosed?

The Nurse Practitioner will examine your shoulder for any deformity, bruising, swelling, any tenderness over the bones and surrounding muscles and tendons. They will also assess your movement of your shoulder.

An x-ray may be needed to confirm the nurse's diagnosis but is not always needed.

How is your fracture / break treated?

Fractured Humerus: A collar and cuff will be needed to rest the arm / shoulder. Please follow the advice sheet about shoulder exercises. Take regular analgesia to help with the pain. Ice the area of pain as per advice sheet. You will be followed up in fracture clinic where the doctors will monitor your improvement.

Fractured Clavicle: A sling will be needed to rest the shoulder for about 3 weeks. Please follow the advice sheet about shoulder exercises. Take regular analgesia to help with the pain. Ice the area of pain as per advice sheet. You will be followed up in fracture clinic where the doctors will monitor your improvement.

Fractured Scapula: These fractures are uncommon and you will be referred to the Emergency Department of the Orthopaedic Doctors.

Follow up

Please return to the MIU if you are not improving or your symptoms are getting worse before your appointment.

Patient Details

MIU Consultant Clinic

Appointment

Date:

Time:

Please be considerate. If your appointment is no longer required please contact MIU on 01752 434390, ideally 24 - 48 hours prior to your appointment.

Thank you.