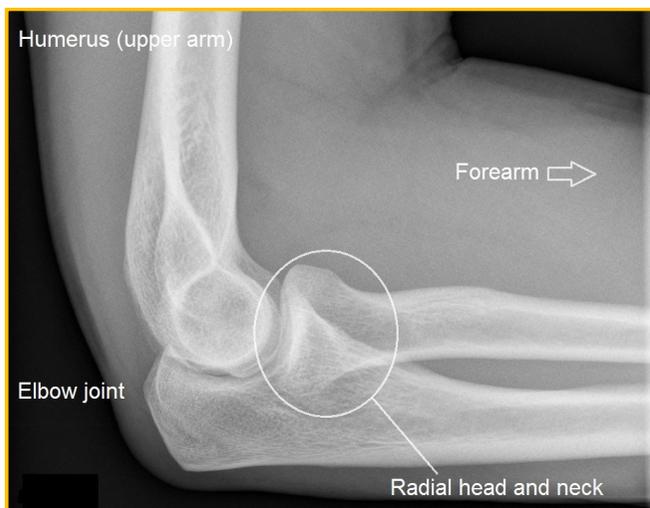


Name:

Date:

A crack or break in a bone is called a fracture

You have a minor fracture of your radial head or radial neck.



X-ray of a right elbow, lateral (from the side) view

Movement

You have a “stable” fracture, which means you can move your elbow without causing further damage.

Moving the elbow as soon as possible is recommended. This will improve your recovery by preventing joint stiffness.

You can continue to use your elbow as normal for everyday activities. This may be sore in the early stages.

Contact sports should be avoided for 6 weeks after the injury and until there is no pain.

Exercise

The following exercises will be most effective if practiced 3 to 4 times a day.

1. Elbow flexion/extension

While standing bend and straighten your elbow. You can support the wrist of the injured arm with your good hand. Repeat 10 times.

2. Pronation/supination

Rest your forearm on a table keeping your elbow bent to 90 degrees. Turn your hand palm up, then palm down keeping your elbow still throughout. Repeat 10 times.

Forcible stretching is not advised. Exercise within the limits of your pain however, some discomfort is to be expected. Aim for a full range of movement.

Sometimes slightly reduced movement at the elbow is permanent, especially on straightening, but this is unlikely to affect what you can do.

Pain and swelling

Your elbow may swell after the injury. Elevating your elbow above the level of your heart will reduce the swelling. One way of doing this is by keeping your elbow raised on pillows.

Applying ice for about 15 minutes, 3 to 4 times a day can help the pain and swelling. Wrap the ice in a damp towel before putting it on your skin.

Take painkillers to control the pain – follow the manufacturers’ directions, take regular doses. Talk to your Pharmacist or see your GP if you need stronger painkillers.

Using a sling

We may provide you with a sling to use during the first few days for comfort.

Reduce how often you wear the sling as soon as possible and start to use your arm normally.

Do not drive in a sling. Do not drive until you can safely control the vehicle. It is your responsibility to ensure you are safe to drive.

Get checked if...

you continue to have pain beyond 12 weeks or are limited in what you can do.

If things get worse or you are worried.

If you have any questions please get in touch or see your GP.

Smoking cessation

Smoking has been shown to increase fracture healing time.

In some cases it can stop healing altogether.

Stopping smoking while your fracture heals will help you make a good recovery.
Stopping smoking for good will be even better for you.

Further information can be found at :

www.nhs.uk/smokefree



Further healthcare information can be found at:

www.patient.co.uk
www.nhs.uk

For real time updates on East Kent MIU and A&E current waiting times please download the WaitLess app.



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Open 8am to 8pm every day



**WHITSTABLE
MEDICAL PRACTICE**

Radial head and radial neck (elbow) fracture

Information for patients

www.whitstablemedicalpractice.co.uk
>Local services >Virtual fracture clinic