

Radial head/neck fracture elbow



Symptoms

Symptoms usually settle within 3-6 weeks.
Driving is possible once you feel safe to do so.

- There may be some reduced elbow movement, particularly straightening, but this is unlikely to affect function.
- In the unlikely event your elbow is still stiff and troublesome after four weeks and not improving, please contact us on the number below so that we can arrange a physiotherapy review.

If you have concerns at any time, please contact the fracture service on the numbers below.

You have a small break in the radius at the elbow joint.

- These fractures normally heal well with time and some gentle movement.
- The sling you have been given will hold your elbow in a comfortable position for the first few days.
- It is important that you take regular pain killers and begin to move your elbow as soon as you feel comfortable to do so.
- Early movement will help restore your elbow function and range of movement as quickly as possible.
- The sling can be removed once you are comfortable.
- Forcing the arm straight is not necessary. It is likely to hurt more and take longer to recover.

Office Hours

Monday to Friday 9am to 4pm
01392 402269

If you have any urgent concerns out of hours, you can find help at NHS 111 (dial 111) or by proceeding directly to your local Emergency Department where the on-call trauma service can review you.

**Princess Elizabeth
Orthopaedic Centre
Fracture Service**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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