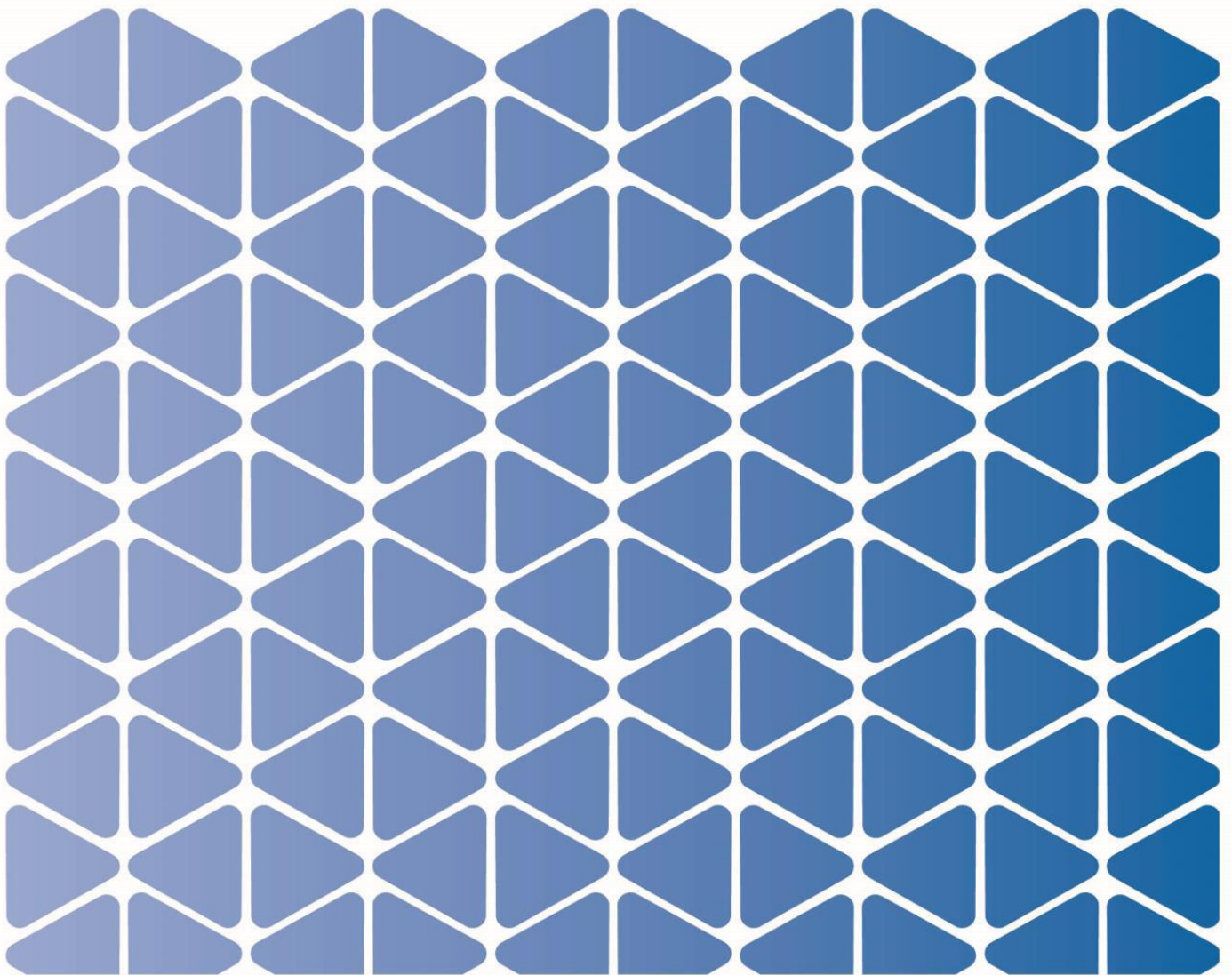


PATIENT INFORMATION

Virtual Fracture Clinic

**RADIAL HEAD / RADIAL NECK
FRACTURES**



You have a

Radial Head / Radial Neck Fracture

This is a break to a bone in your elbow

Healing:

It normally takes 6 weeks for this fracture to heal.

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to www.smokefree.nhs.uk for more information.



Pain and Swelling

Your elbow may be swollen and you will have some pain. Taking pain medication and using ice or cold packs will help. More information is on the next page.

Wearing your sling:

Your sling should be worn for comfort in the first few days of your injury. You can take it off to wash, dress and exercise. It does not need to be worn at night. You should aim to discard the sling after about 3 days to encourage range of movement in the elbow.

Exercise and activity:

Elbows get stiff very quickly. It is important to start exercising as soon as possible. You will find pictures and instructions for your exercises on the next page.

You should avoid lifting anything more than the weight of a cup of tea for the first 6 weeks. You can do light activities when your pain has settled.

Follow up:

A follow up appointment is not normally needed for this injury. Please contact the Virtual Fracture Clinic if you do not have a good movement by 3 weeks after your injury. You may need a physiotherapy referral.

Any questions:

If you are concerned about your symptoms, are unable to follow this rehabilitation plan or notice pain other than at your elbow, please contact the Virtual Fracture Clinic.

Caring for your injury: Week 1-6

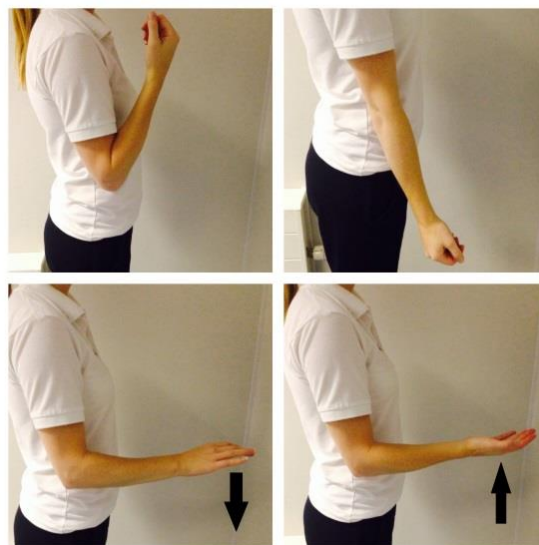
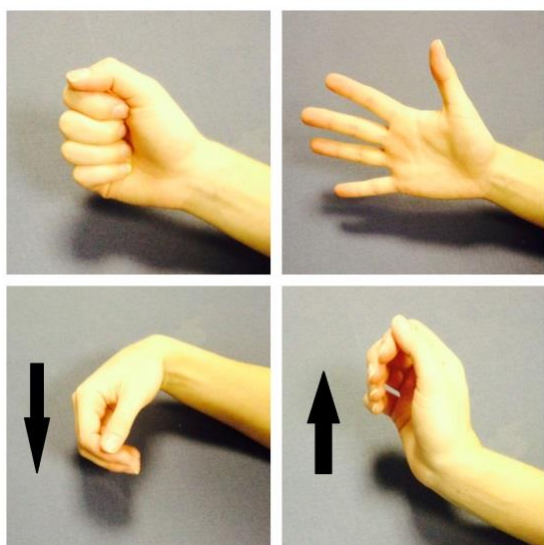
Wear your sling for the first 3 days. Take the sling off for washing, dressing and to do your exercises. You may find after 3 days you still require a sling this is okay for 2-3 days more but you should discard the sling at the earliest opportunity.

Using a cold pack will help with your pain and swelling. You can use an ice pack or bag of frozen peas wrapped in a damp towel. Put this on your elbow for 15 minutes every few hours. Make sure the ice isn't in direct contact with your skin.

Try to rest your elbow, especially in the first 24-72 hours.

Exercises

Regular exercise will prevent stiffness and help to recover movement. Try to do these exercises every hour. If this is too painful, start with 3-4 times a day. Repeat each exercise 10 times.



1. Open and close your hand. Next, move your wrist up and down.
2. After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain. Hold for 5 seconds.
3. Bend and straighten your elbow so you feel a mild to moderate stretch. Do not push into pain.
4. Bend your elbow to 90 degrees. Slowly turn your palm up and down until you feel a mild to moderate stretch. Do not push into pain.

Contact the Virtual Fracture Clinic if you do not have a good range of movement 3 weeks after injury.

Caring for your injury: Week 6-12

Your fracture should now be healed.

You must be aware that after this injury sometime you are unable to fully straighten your elbow due to the nature of the injury. This is why early mobilisation is so important .

You can gradually increase your day to day activity. Be guided by any pain or discomfort you may still have.

It is normal to still have mild discomfort. This may continue for 3-6 months.

Frequently Asked Questions

I'm concerned about my symptoms and/or I am struggling to return to exercise.

Please contact the Virtual Fracture Clinic.

I am struggling with my sling. What do I do?

Contact the Virtual Fracture Clinic. We are happy to give further advice or change your sling if needed.

When can I start driving?

You can return to driving when:

- You are no longer using a sling,
- You can move comfortably and
- You can control the vehicle safely.

Always test your ability to drive in a safe environment first.

How can I get a certificate for work?

You can get a fitness for work statement from your GP.

How do I contact the Virtual Fracture Clinic?

Call Worcester Royal Hospital; 01905 760259.

Email wah-tr.virtualfractureclinicwrh@nhs.net

Alexandra Hospital Redditch 01905 503030 ext 44160

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.