

Should you have any worries or concerns following discharge from hospital, please use the contact details below

Patient information

Discharge Advice

following attendance with a
Radial Head/Neck Fracture

Contact details: Raigmore Hospital
Old Perth Road,
Inverness, IV12 3UJ.
Tel: 01463 704000

**Tel: Fracture Clinic Helpline - Monday to Friday
12 - 3pm
07779 422980**

In an emergency contact NHS 24 - Tel: 111

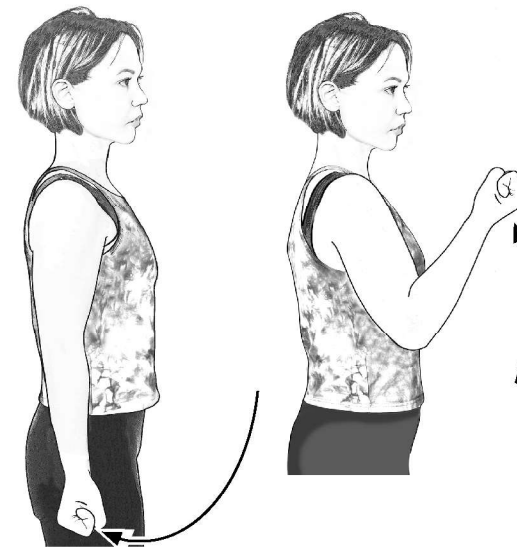
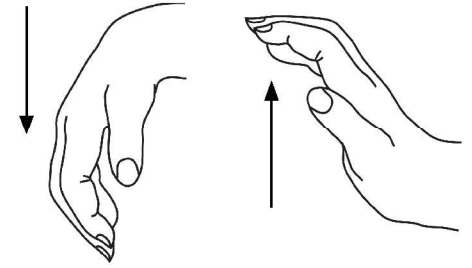
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Devised by: Lisa Kenley



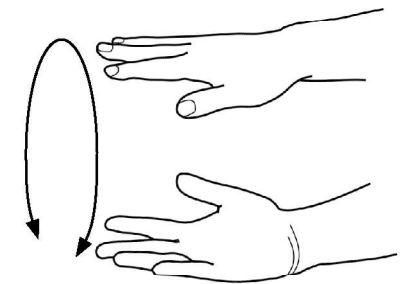
1. You have a very small break in the radial head or neck - one of the bones in your elbow.
2. These fractures almost always heal well with time, usually 6/52 - no specific treatment is required and therefore routine follow-up is unnecessary.
3. A sling will hold your elbow in a comfortable position for a few days.
4. You should wean yourself off this as your pain settles and aim to remove the sling completely as soon as you feel able.
5. You may initially require regular pain killers as it is important to keep gently moving the elbow and gradually resume daily activities within the limits of discomfort. This will prevent stiffness and ensure the quickest return to normal function.
6. Forcible stretching is unnecessary, and is likely to cause pain and delay your recovery. (See exercises)
7. Symptoms are usually minor, but may take up to 3-6 weeks to settle. Modify exercises, no heavy lifting or contact sports for approx. 6/52.
8. There may be slightly reduced movement at the elbow, especially on straightening it, but this is unlikely to affect your function.

1. **Finger and wrist flexion and extension**



2. **Elbow bend to straighten**

3. **Forearm rotations**



If the pain gets worse or lasts more than 3 weeks or you are concerned about your hand, use the contact details below.