



Elbow Injury (± Radial Head Fracture)

It is normal after this type of injury for your elbow to be swollen and painful. Initially, (first 48 hours) rest, elevation, and the application of an ice pack or frozen peas wrapped in a damp towel for 15 minutes should be encouraged. Ensure a two hour gap between ice applications.

A sling will hold your elbow in a comfortable position for a few days. You should wean yourself off this as your pain settles and aim to remove the sling completely as soon as you feel able.

You may initially require regular pain killers, such as Paracetamol, as it is important to keep the elbow moving gently and gradually resume daily activities within the limits of discomfort. This will prevent stiffness and ensure the quickest return to normal function. Forcible stretching is unnecessary and is likely to cause pain and delay your recovery.

Healing can take up to six to eight weeks. Use your arm as pain allows. Pain will return if you over-use your elbow / arm.

Exercises

One

Stand. Grasp the wrist of the arm you want to exercise. Bend your elbow and assist the movement with your other hand. Straighten your elbow.

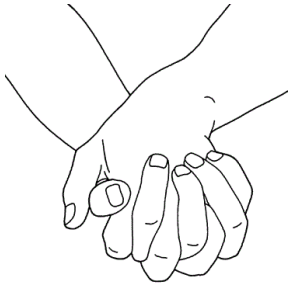
Repeat 10 times.





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Two



Clasp your hands together and support your forearms on a table. Put the back of one hand on the table and then turn your hands and put the back of the other hand on the table.

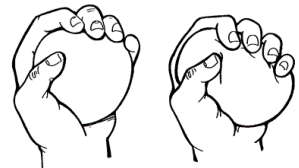
Repeat 10 times.

Repeat the above exercise slowly with your elbow straight.

Three

Squeeze a ball in the hand of the affected arm to increase the circulation.

Repeat 10 times.



Pictures:physiotools

Follow the link below to view videos of the exercises:

https://gateway.physiotools.com/Print/P.aspx?PrintDataId=d112625bcfc041f_BDFB765&PtVer=201901

Heat can be applied via a hot water bottle or a hot bath for 15 minutes if you find that your elbow is very stiff. There may be a slightly reduced movement at the elbow, especially on straightening, but this is unlikely to affect your function.

At six to eight weeks post-injury you should expect good active range of movement of your elbow. You should also be back to light activities of daily living.



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Should you have any worries or concerns following discharge from hospital, please contact either:

Fracture Clinic: 01793 605 312
(8.30am to 5.00pm Monday to Friday)

Outside of these times you can leave a message on the above number, or you can call NHS 111.

Further Advice / Instructions

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Please retain this leaflet for future reference.



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For further advice or information you can telephone your local Minor Injury Unit (MIU):

Chippenham Community Hospital

Rowden Hill

Chippenham

SN15 2AJ

Tel: 01249 456 403/4

Open: 07:00 to 23:00; seven days a week

Trowbridge Community Hospital

Adcroft Street

Trowbridge

BA14 8PH

Tel: 01225 711 329

Open: 07:00 to 23:00; seven days a week

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net.

Document Control

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