

Orthopaedic Department Patient Information

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Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Discharge advice following a radial head / neck fracture



Hospital Number:

Date of attendance:

- You have a fracture (break) in the radial head / neck, which is one of the bones in your elbow
- These fractures almost always heal well with time and use
- You will be given a sling for comfort for the first 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 painkillers as it is important to keep gently moving your elbow and gradually resume your normal daily activities. This will prevent stiffness and ensure the quickest return to normal function.
- Forcible stretching of the elbow is unnecessary as it is likely to cause pain and delay your recovery
- Symptoms may take up to three to six weeks to settle
- You may be left with a slightly reduced range of movement in the elbow, especially straightening it, but this is unlikely to affect your function

If the pain gets worse or lasts more than six weeks, or you are still concerned about your elbow please contact us on: 01305 255498 Monday to Friday 9:00 – 17:00 and quote 'ED fracture'.