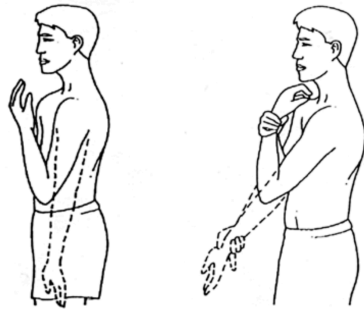


Whilst standing, bend and straighten your elbow fully. Apply some extra pressure to bend and straighten by using your other hand.



Whilst sitting, turn your palm upwards then downwards ensuring your elbow is tucked into your side.



Please contact the team at Trauma Triage Clinic if you have not received a telephone call or email regarding your treatment within one week of your attendance at the Emergency Department.

Trauma Triage clinic RVH:
(028) 90632925/
(028) 90632390 (8am-7pm)
Sr. Margaret Robinson

Emergency Dept. RVH:
(028) 90632250



Trauma Triage Clinic
Patient Information Leaflet

Radial Head/Neck Fracture



Your Injury

- You have a minor break at the radial head/neck which forms part of your elbow joint
- This injury is quite stable and will likely heal without needing any further intervention
- The sling is used to hold your arm in a comfortable position
- You may notice slightly reduced range of movement at the elbow joint, but this should not affect your elbow function

Your recovery

- It can take six weeks for your symptoms to settle completely
- We recommend that you gradually reduce the time you spend in the sling as your pain starts to settle
- Aim to completely remove the sling as soon as you feel this is possible

General advice

- Avoid smoking as this can result in your bone healing more slowly, or not healing at all
- Avoid anti-inflammatory painkillers e.g. ibuprofen as these can also cause slower healing
- We recommend commencing movement of your elbow as early as possible (see overleaf). Complete the exercises 10 times and repeat 4 times each day