



**Mersey and West Lancashire
Teaching Hospitals
NHS Trust**

PATIENT INFORMATION

RADIAL HEAD/NECK FRACTURE



You have a suspected or a confirmed fracture of the radius - one of the bones in your elbow. This is a common fracture that almost always heals well with time and use.

No specific treatment is required and therefore routine follow-up is unnecessary.

Initially you may notice:

- Pain
- Swelling
- Bruising
- Difficulty moving the elbow or forearm

You will be given a sling to support your elbow in a comfortable position for a few days. Wear the sling during the day but remove it for exercises and personal hygiene. You can wear it at night time if you find it more comfortable but you don't have to.

You should wean yourself out of the sling as your pain settles over the first week and aim to remove the sling completely as soon as can.

You may require regular pain killers because it is important to keep gently moving the elbow. This will prevent stiffness and ensure the quickest return to normal function. Gradually resume daily activities within the limits of discomfort.

Forcible strengthening is unnecessary, and is likely to cause pain and delay your recovery.

You should:

- Take pain killers to allow you to move the elbow and do the exercises shown overleaf.

You should not:

- Drive in the sling.

EXERCISES

You should try to do these exercises three to four times a day; you can start them immediately.

Repeat these exercises ten times each.

1. Gently bend your elbow as far as you can, hold for 5-10 seconds, then gently straighten elbow as far as you can.



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



Symptoms are usually minor, but may take up to 3-6 weeks to settle.

In the long term there may be slightly reduced movement at the elbow, especially on straightening it, but this is unlikely to affect your function.

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.

MATRON

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

- Your own GP

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) – 0300 100 1000

Stop Smoking Helpline (West Lancashire) – 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

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FOR APPOINTMENTS

Telephone (01695) 656680
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We would welcome your feedback about your experience
at Southport and Ormskirk Hospital NHS Trust.
Please access the Friends and Family Test at the following
link:

<https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/>

Thank you

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