

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

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 Livewell Southwest

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Information & Advice

Radial Head Fracture

Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

This leaflet is designed to supplement the information the Nurse Practitioner or Emergency Care Practitioner has already given you about your fractured elbow.

Introduction

Radial head fractures are not treated in a cast as the fracture is stable and you can move the joint without causing damage.

It is therefore very important to get your arm moving as soon as possible, to avoid joint stiffness and muscle tightness.

At first your elbow will feel stiff and painful but it is important that you continue to move it as this will aid your recovery.

It usually takes about 6 weeks for the fracture to fully heal. We advise that you do not stress the joint with heavy lifting or heavy weight-bearing for 6 weeks.

Do not return to sport until you are pain free and at least 6 weeks after the injury

What treatment will I receive?

You will be given a collar and cuff - a bit like a sling to wear.

The MIU will refer you to the fracture clinic who will follow up your injury and ensure your fracture is healing.

The Fracture Clinic is at Derriford Hospital and you appointment date and time is:

Swelling

Your elbow may swell up after the injury. Wearing your collar and cuff and keeping your arm elevated will help reduce the swelling.

Movement

It is also very important that you keep your affected arm moving, not only your fingers but also your elbow and shoulder as these will become stiff if not used and can give problems in the long term.

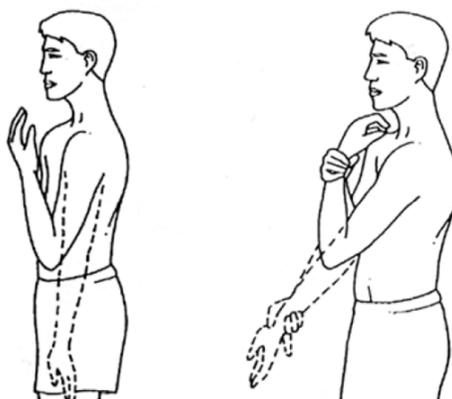
Exercises

We suggest that the following exercises are held for 5 seconds and repeated 10 times each.

1. Elbow flexion and extension

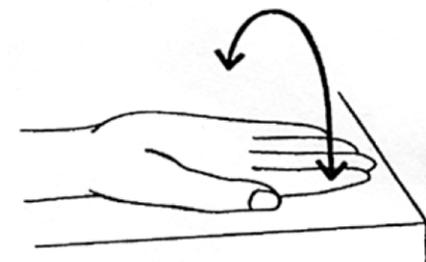
While standing bend and straighten your elbow as much as you can.

Apply some gentle pressure with your other hand to help the arm bend, and then help the arm to straighten.



2. Elbow supination and pronation

Whilst sitting: rest your forearm on a table, palm facing down. Turn palm up and then down, keeping your elbow still.



Pain Management

Please take regular simple painkillers such as Paracetamol or Ibuprofen. If simple painkillers do not manage your pain please discuss pain management with your local Community Pharmacist or GP.

Pain can be helped by applying ice for 10 minutes 3 - 4 times a day. Wrap the ice in a towel to protect your skin.

Please return to the MIU or Emergency Department if you suffer any of the following symptoms:

- Increased pain in elbow
- Any numbness to hands or fingers
- Any change in colour to your fingers
- Increased swelling to your fingers