

Contact Telephone Numbers:

NHS 111	 111
Virtual Fracture Clinic	 0778 817 8689
Urgent Treatment Centre, New QEII Welwyn Garden City	 01707 247549

Further Information

More information can be found on NHS Choices website: www.nhs.uk

Patient Information

Radial Head/Neck Fracture

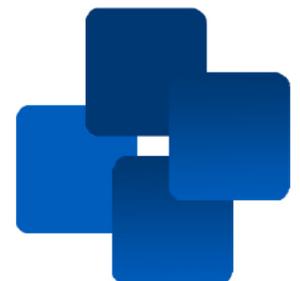
Department of Trauma and
Orthopaedic Surgery

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www.enherts-tr.nhs.uk

You can request this
information in a different
format or another language.



What fracture have I got?

You have a very small break in one of your bones in your elbow, either the radial head or neck.



These fractures almost always heal well with time and use; no specific treatment is required and therefore routine follow-up is unnecessary.

A sling will hold your elbow in a comfortable position for a few days.

Using a sling

You should wean yourself off the sling as your pain settles (usually after a few days), and aim to remove the sling completely as soon as you feel able.

You may initially require regular painkillers, such as paracetamol and/or ibuprofen, as it is important to keep moving the elbow gently to gradually use your arm as normal.

Moving your arm

Gradually starting to use your arm will prevent stiffness and ensure the quickest return to normal function and daily activities.

Don't force your arm to stretch too soon; this is unnecessary, and is likely to cause pain and delay your recovery. Use gentle movements at first.

Getting back to normal

Symptoms are usually minor but may take 3-6 weeks to settle. You should avoid contact sports, such as football, rugby and basketball for six weeks.

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

Worries or concerns

If you have any worries or concerns following discharge from hospital, please contact the virtual fracture clinic Monday to Friday, 12 noon to 4pm.

Outside of these hours, you can leave a message on the answerphone. We will respond to all clear messages left.

Virtual Fracture Clinic ☎ **0778 817 8689**

Alternatively, outside of these hours, please contact NHS 111 or your GP.