



## **Fracture to one of the bones in your elbow (Proximal radius)** (page 1 of 3)

**You have sustained a fracture to one of the bones in your elbow (Proximal radius). Please see the picture below to understand where this injury is.** This normally takes approximately 6 weeks to heal. It is important to keep the elbow moving to prevent stiffness; you should, however, avoid any heavy lifting for the full 6 weeks. Take pain killers as prescribed. If you are worried you are unable to follow this rehabilitation plan, or have any questions, then please phone Fracture Clinic for advice.

### **Picture of injury:**



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

We do not routinely follow up patients with this type of injury. Fracture Clinic will be made aware of your injury.

**If after three weeks** you are not close to achieving full movement in your elbow please contact Fracture Clinic for further advice. Access to Fracture Clinic will **remain open for 6 weeks** from your attendance to the Emergency Department.

**Please contact Fracture Clinic on:**

**01722 336262 ext 2441**

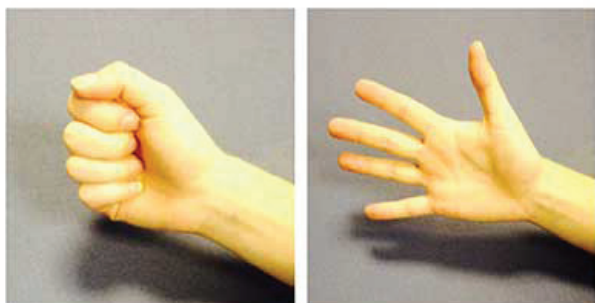
Name: Katharine Wilcocks  
Role: Physiotherapist  
Date written: August 2018  
Review date: August 2021  
Version: 1.0  
Code: P11524

**Fracture Clinic Team**  
**01722 336262 ext 2441**

Please follow the Management/rehabilitation plan shown below:

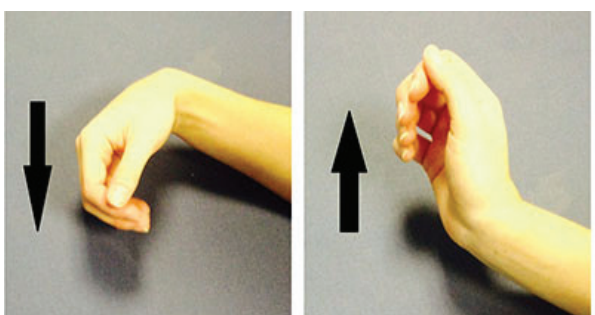
Weeks since injury	Rehabilitation plan
0-2	Wear sling for comfort only. Take your arm out of the sling and practice moving the elbow (see below). Do the exercise below every hour in the daytime.
2-6	Try not to use the sling and do normal light activities with the arm. Avoid lifting more than the weight of a cup of tea for six weeks. Continue with the exercises.
6 -12	The fracture should be united (healed) and you can do normal activity but be guided by any pain you get. You should be able to carry out day to day activities although arduous tasks may cause discomfort.  <b>You can return to driving once you feel able to safely control the car and you have informed your insurance company.</b>

### **Initial Exercises to be done 5-6 times a day**



#### **1. Finger and wrist flexion and extension**

Open and close your hand as shown 10-15 times, 5-6 times a day.



#### **2. Wrist flexion and extension**

Move your wrist up and down 10-15 times, 5-6 times a day.

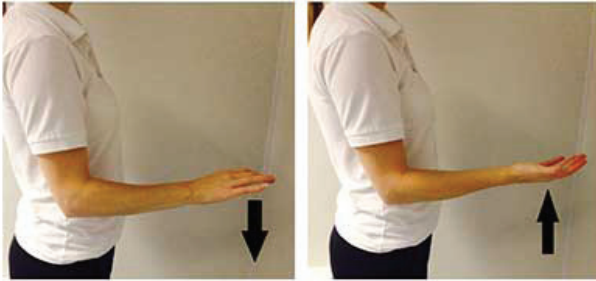
After a few days, hold a soft ball / ball of socks. Squeeze the ball as hard as possible without pain. Hold for 5 seconds and repeat 10 times.



### 3. Elbow Bend to Straighten

Bend and straighten your elbow, this may be sore initially. Be guided by your pain.

Repeat 10 - 15 times if there is no increase in pain, 5-6 times a day.



### 4. Forearm Rotations

Begin this exercise with your elbow at your side and bent. Slowly turn your palm up and down. This may be sore initially. Be guided by your pain.

Repeat 10 - 15 times if there is no increase in pain, 5-6 times a day.

## Stopping Smoking

Medical evidence suggests smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important you consider this information in relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.