

Radial head neck fracture

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You have a small fracture of the head or neck of your radius, which is one of the bones in your elbow. We treat this fracture with a pressure bandage and a sling.

Summary

- you have a small fracture of the radius bone at the level of the elbow
- this type of injury almost always heals well without any loss of function
- a routine follow-up is not necessary for this type of injury
- it is important that you remove the sling and pressure bandage after a maximum of 1 week (if pain allows this) and that you start exercising to avoid stiffness in the elbow
- to prevent the finger from getting stiff, it is important that you start moving the finger again as soon as possible
- you can find exercises for your elbow in the folder or the Virtual Fracture Care App
- if you have any questions, or are experiencing problems with your recovery, you can call the fracture hotline 'breuklijn',
+31 72 - 548 2465

■ Treatment

A fracture of the radial head or neck is a common injury. The fracture is treated with a tubigrip and/or pressure bandage and a sling.

week 0 - 1	<ul style="list-style-type: none">• wear a sling, remove it as soon as your pain allows this• wear a pressure bandage, remove it as soon as your pain allows this• wear the tubigrip, remove it as soon as your pain allows this
week 1 - 4	<ul style="list-style-type: none">• start exercises: bend, extend and rotate your arm• move your arm as much as your pain allows
week 4 - 6	<ul style="list-style-type: none">• move your elbow in all directions, when your pain allows it
after 6 weeks	<ul style="list-style-type: none">• you can start with sport activities

■ Instructions

Follow these instructions for a good recovery:

- wear a pressure bandage and sling, this will keep your arm in a comfortable position
- you do not need the pressure bandage and sling after one week. We advise you to stop using the sling after one week, or earlier if the pain allows you to do this. If you are still experiencing a lot of pain after one week, you can wear the tubigrip
- this fracture is close to your elbow joint. Start bending and extending your arm as soon as your pain allows you to do this. This will prevent the elbow from getting stiff. You can find exercises in the app or in the information folder
- are you in pain? Use a mild pain killer such as paracetamol (acetaminophen). Do not wait with the use of paracetamol until the pain is too much

■ Recovery

- this type of injury almost always heals well with time and use – no specific treatment is required and routine follow-up is unnecessary
- it is possible that after 4-6 weeks, the range of motion of your elbow is still slightly reduced. This is unlikely to affect your long-term function and will improve in the months after
- physiotherapy is not necessary. If you are not satisfied with the function of your elbow after 6 weeks, you can ask for a referral to a physiotherapist from your general practitioner. However, a referral is not required
- does the pain increase, or does it not improve? Please contact the fracture hotline 'breuklijn' +31 72 - 548 2465

■ Exercises

After a fracture in the elbow stiffness and loss of strength can occur. The following exercises can support your recovery. Watch the videos in the Virtual Fracture Care app.

Instructions

Follow the instructions below:

- perform the exercises at least 3 times per day
- repeat the exercises 10 to 15 times
- you can perform the exercises in warm water
- use your hand as normal as possible, this also exercises the elbow
- try not to move your shoulder while performing the exercises
- if you are able to easily perform the exercises, you can intensify the exercises by holder a small weight or a bottle water in your hand

Elbow bend and straighten

After 1 week, you can start to bend and straighten the elbow. Bend and straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist. Do not push into pain.

When you can successfully perform this exercise, you can start to bend and straighten the elbow without the use of your other arm.

Forearm rotations

After 4 weeks, you can start forearm rotations. Put your elbow at your side, do not hold it in the air. Bend your elbow to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.

■ Questions?

You can call us

If there are any questions after reading the information, please contact us or visit www.nwz.nl

Contact Monday to Friday between 8.30-10.00 h and 13.30-15.00 h

- breuklijn: +31 72 - 548 2465

The Virtual Fracture Care app

Open the camera on your phone and aim it at the QR-code below. You will be automatically referred to the app.



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