

Discharge Advice:

Radial Head or Neck Fracture

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**Trauma and Orthopaedics**

**Patient Information Leaflet**

- You have a very small break in the radial head or neck - one of the bones in your elbow.
- 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. You should wean yourself off this as your pain settles and aim to remove the sling completely as soon as you feel able.
- You may initially require regular pain killers as it is important to keep gently moving the elbow and gradually resume daily activities within the limits of discomfort. This will prevent stiffness and ensure the quickest return to normal function.
- Forcible stretching is unnecessary, and is likely to cause pain and delay your recovery.
- Symptoms are usually minor, but may take up to three-six weeks to settle.



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

Should you have any worries or concerns following discharge from hospital, please contact either the:

**Fracture and Orthopaedic Clinic:**

FGH: 01229 404005 / RLI: 01524 583011

*(8.30am until 4.30pm, Monday to Friday)*

**or**

**Emergency Department:**

Furness General: 01229 404004

Royal Lancaster Infirmary: 01524 583100 (*outside the times above*)

**Leaflet Details**

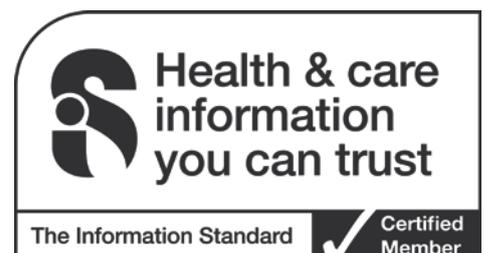
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**Author:** John Butterworth/Glasgow Royal

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## **Other formats**

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

## **Travelling to our hospitals**

For the best way to plan your journey visit our website:  
<http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

## **Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

## **Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

## **Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

With thanks to Glasgow Royal for their kind permission to use content from their leaflet 'Radial Head or Neck Fracture'.

## **Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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