

This is a follow-up letter to your recent consultation with the fracture care team, explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist).

You have fractured one of the bones in your elbow (proximal radius).



- Healing:** This normally takes approximately 6 weeks to heal.
- Pain:** Your elbow may be swollen.
(always read the label; do not exceed the recommended dose).
- Using your arm:** It is important to keep the elbow moving to prevent stiffness.
However, you should avoid any lifting, pushing and pulling for the full 6 weeks.

X-ray: You will need to have a repeat X-ray at approximately two to three weeks post injury to check there has been no movement of the fracture. Enclosed is an X-ray request form.

The X-ray can be done at: Russells Hall or Corbett or Dudley Guest Outpatients Centres . Contact 01384 456111 ext. 5517 to book your X-ray. Please can you contact us using the e-mail or telephone number at the top of this letter to tell us when this has been done. We will then assess your X-ray.

If you are worried that you are unable to follow this rehabilitation plan, or have any questions, please phone the Fracture Care Team for advice.

Or if you are experiencing pain and symptoms anywhere else, other than at the site of the original injury or surrounding area, please also get in touch using the telephone or e-mail details at the top of this letter.

Please follow the management plan below.

Weeks since injury	Rehabilitation plan
0-2	<ul style="list-style-type: none"> ✓ Wear sling for comfort only. ✓ Take your arm out of the sling and practise moving the elbow (see section on 'Rest' below). ✓ Do the exercise below every hour in the daytime. You can start straight away.
2-6	<ul style="list-style-type: none"> ✓ Try not to use the sling and do normal light activities with the arm. ✗ Do not lift more than the weight of a cup of tea for six weeks. ✓ Continue with the exercises.
6 -12	<ul style="list-style-type: none"> ✓ The fracture will be healed. ✓ Resume normal, day-to-day, activities but be guided by any pain you get. ✗ Heavy tasks may cause discomfort.

Advice for a new injury:

Cold packs: A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief. Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

Rest: Try to rest your arm for the first 24 to 72 hours. However, it is important to maintain movement in your elbow. Gently move your elbow following the exercises shown. These should not cause too much pain. This will ensure your elbow does not become stiff and it will help the healing process.

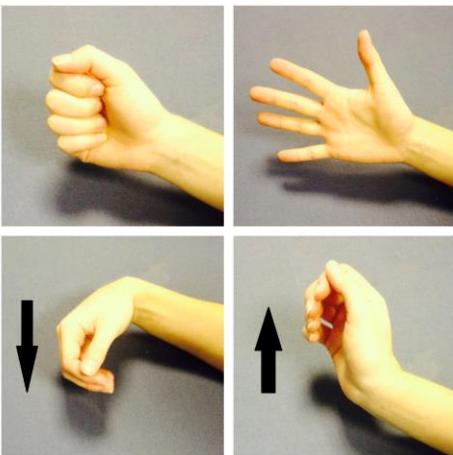
Smoking advice:

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

If you would like help with stopping smoking, please contact a member of the Hospital Stop Smoking Team on 01384 456111 ext. 2783, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

Exercises

Initial exercises to be done 5-6 times a day



Finger and wrist flexion and extension

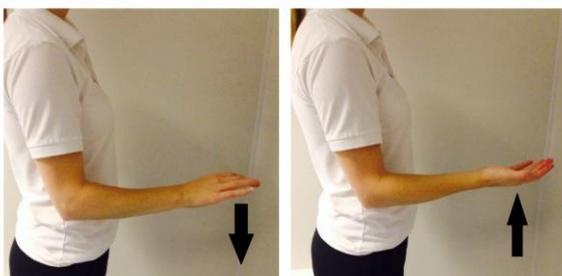
Open and close your hand as shown 10-15 times. Then move your wrist up and down 10-15 times.

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



Elbow bend to straighten

Bend and straighten your elbow as far as you can without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to assist if necessary. Repeat 10 - 15 times if there is no increase in pain.



Forearm rotations

Begin this exercise with your elbow at your side and bent. Slowly turn your palm up and down as far as you can go without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to assist if necessary. Repeat 10 - 15 times if there is no increase in pain.