

You have a

## Proximal Radius Fracture

This is a break to a bone in your elbow

### Healing:

It normally takes 6 weeks for this fracture to heal.

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk) for more information.

### Pain and Swelling

Your elbow may be swollen and you will have some pain. Taking pain medication and using ice or cold packs will help. More information is on the next page.

### Wearing your sling:

Your sling should be worn for comfort in the first 2 weeks. You can take it off to wash, dress and exercise. It does not need to be worn at night.

### Exercise and activity:

Elbows get stiff very quickly. It is important to start exercising as soon as possible. You will find pictures and instructions for your exercises on the next page.

You should avoid lifting anything more than the weight of a cup of tea for the first 6 weeks. You can do light activities when your pain has settled.

### Follow up:

You will need to have a repeat x-ray 2-3 weeks after your injury to check the position of your fracture. This will be reviewed by the Virtual Fracture Clinic team. We will contact you the next working day with the results of your x-ray.

### Any questions:

If you are concerned about your symptoms, are unable to follow this rehabilitation plan or notice pain other than at your elbow, please contact the Virtual Fracture Clinic.



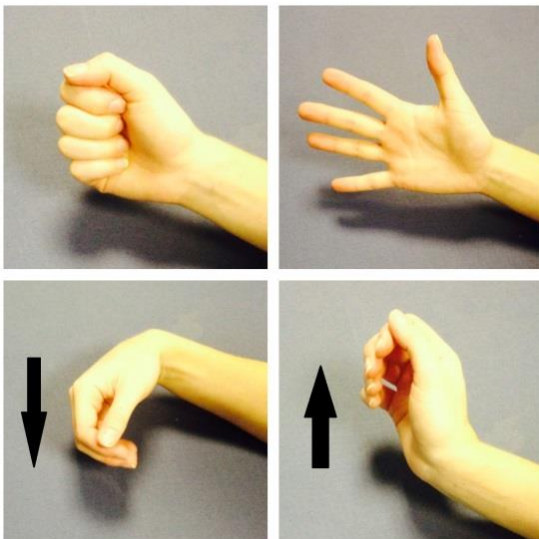
**Wear your sling for the first 2 weeks.** Take the sling off for washing, dressing and to do your exercises.

**Using a cold pack will help with your pain and swelling.** You can use an ice pack or bag of frozen peas wrapped in a damp towel. Put this on your elbow for 15 minutes every few hours. Make sure the ice isn't in direct contact with your skin.

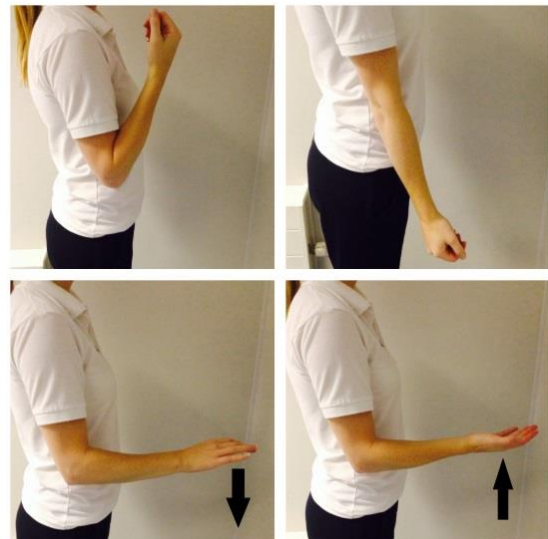
**Try to rest your elbow,** especially in the first 24-72 hours.

### Exercises

Regular exercise will prevent stiffness and help to recover movement. Try to do these exercises every hour. If this is too painful, start with 3-4 times a day. Repeat each exercise 10 times.



1. Open and close your hand. Next, move your wrist up and down.
2. After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain. Hold for 5 seconds.



3. Bend and straighten your elbow so you feel a mild to moderate stretch. Do not push into pain.
4. Bend your elbow to 90 degrees. Slowly turn your palm up and down until you feel a mild to moderate stretch. Do not push into pain.

**Contact the Virtual Fracture Clinic if you do not have full movement 3 weeks after injury.**



## Caring for your injury: Week 6-12

### **Your fracture should now be healed.**

You can gradually increase your day to day activity. Be guided by any pain or discomfort you may still have.

It is normal to still have mild discomfort. This may continue for 3-6 months.



## Frequently Asked Questions

### **I'm concerned about my symptoms and/or I am struggling to return to exercise.**

Please contact the Virtual Fracture Clinic.

### **I am struggling with my sling. What do I do?**

Contact the Virtual Fracture Clinic. We are happy to give further advice or change your sling if needed.

### **When can I start driving?**

You can return to driving when:

- You are no longer using a sling,
- You can move comfortably and
- You can control the vehicle safely.

Always test your ability to drive in a safe environment first.

### **How can I get a certificate for work?**

A fitness for work statement is provided by your GP or at your Fracture Clinic appointment

### **How do I contact the Virtual Fracture Clinic?**

Call 01273 696955 extension 63428. Email [uhsussex.fracturecare@nhs.net](mailto:uhsussex.fracturecare@nhs.net)