

**Patient Information**  
**Emergency Department**

# **Discharge advice following attendance with radial head/ neck (elbow) fracture**



Medway NHS Foundation Trust is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.

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[www.medway.nhs.uk](http://www.medway.nhs.uk)

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.

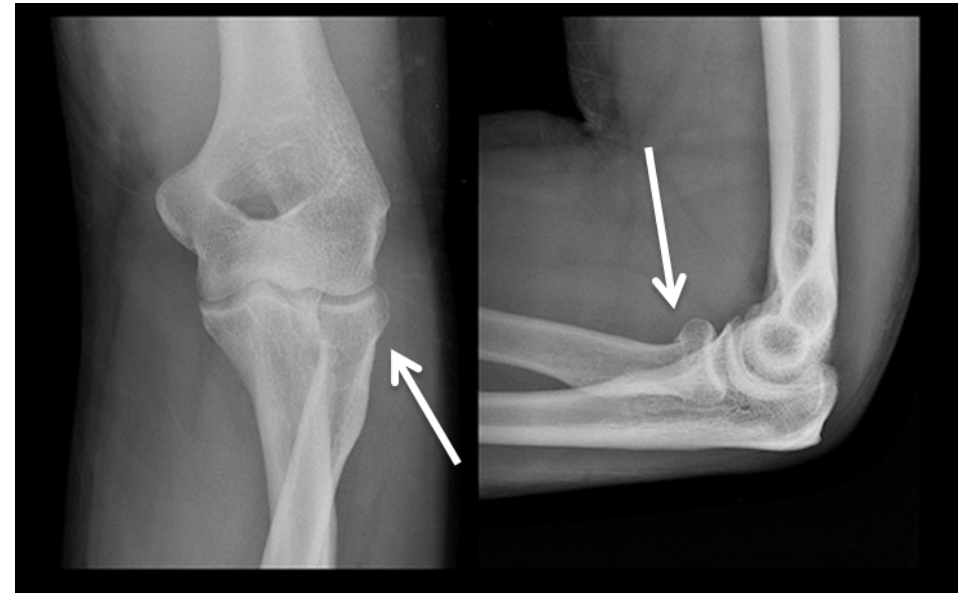
A high arm sling will hold your elbow in a comfortable position for a few days. You should wean yourself off this as your pain settles and aim to remove the sling completely as soon as you feel able. You should mobilise the elbow, wrist and shoulder as pain allows.

You may initially require regular painkillers 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 3-6 weeks to settle.

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



**If the pain get worse or lasts more than eight weeks or you are concerned about your elbow contact the fracture clinic on:**

**07760553994**

**Monday to Friday 11.00am to 5.00pm**