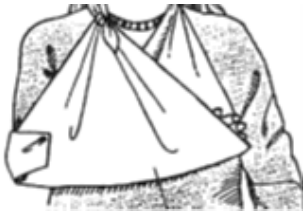


Radial head fracture

Radial head fractures most commonly occur when you fall on your outstretched hand.



These injuries are treated in a broad arm sling.



If the area is 'iced' and elevated it will help decrease the pain, as will simple analgesics such as, Panadol or Panadeine - two tablets every four hours, but no more than eight tablets per day. Anti-inflammatories should be avoided. Refer also to the 'Soft tissue injury' patient information pamphlet.

It is important to mobilise the elbow by taking the arm out of the sling and commencing the exercises as soon as possible.

Physiotherapy may be recommended, if necessary, following assessment of your range of movement at the two weekly appointment. Any questions should be directed towards your physiotherapist, doctor or orthopaedic nurse.

Exercises of the elbow

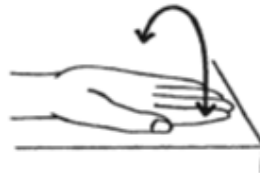
1. Hand clench and release your fist to reduce swelling.
2. Raise your arm up above your head.



3. Bend and straighten your elbow.



4. Turn your palm up and down, keeping your elbow still.



Rest

Stop exercise. Rest prevents further tissue damage and reduces bleeding into the tissue, that can lead to swelling and more pain.

ICE

Cool affected area by applying crushed ice wrapped in a towel.

This should be applied every 4-5 hours for no more than 20 minutes at a time.

Compression

If your injury is to a limb, you will probably have been given a bandage.

Remove bandage at night and reapply in the morning.

The bandage helps with swelling.

Elevation

The damaged limb must be raised as much as possible, ideally above the level of the heart to allow fluid drainage and reduce swelling.

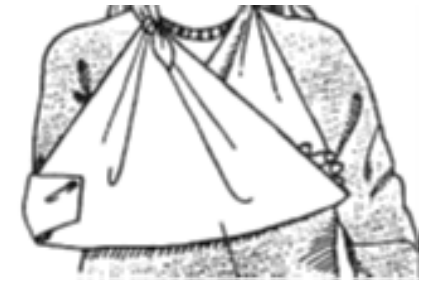
Further help

Please see your General Practice if there is no improvement.

Should you require medical assistance after hours contact the 24 Hour Surgery:

24 Hour Surgery
401 Madras Street
Phone: 365-7777

Radial head fractures



24 Hour Surgery
401 Madras Street

Urgent medical and accident care 24/7

24hoursurgery.co.nz

Phone: 365-7777

24
HOUR
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