

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/cold packs will help. Make sure the ice is not in direct contact with your skin and use for up to 15 minutes every few hours. Try to rest your elbow, especially in the first 24-72 hours.

### Wearing your sling:

Your sling should be worn for comfort in the first 2 weeks. You can take it off to wash, dress and to do your exercises. It does not need to be worn at night. Try to come out of the sling as soon as possible. If you are struggling with your sling, please contact us to discuss.

### Exercise and activity:

Elbows get stiff quickly. It is important to start your exercises as soon as possible. You can do light activities when your pain has settled. It may take 3 months to regain 80% of your normal movement but you should be able to return to your daily activities by this point. Improvements can continue for 6 months, but you may always have a slight restriction when trying to get your elbow straight. This is not something that will need surgery.

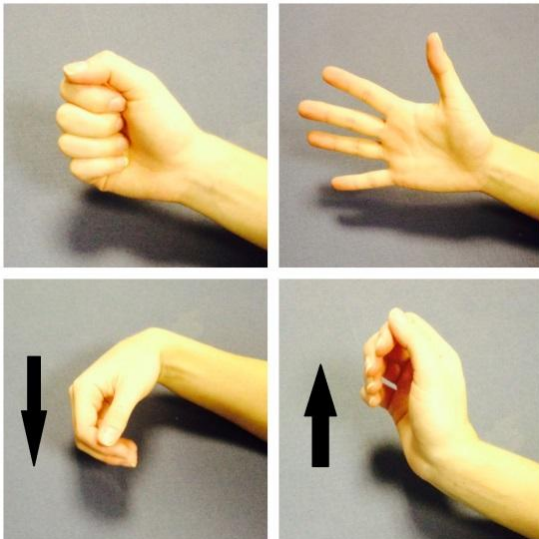
### Follow up:

Your injury has been managed by A+E but your X-rays have been referred to the Virtual Fracture Clinic for review. You will be contacted if a change in management is needed. If you are concerned about your symptoms or have questions about your care plan, then please contact the Virtual Fracture Clinic team.

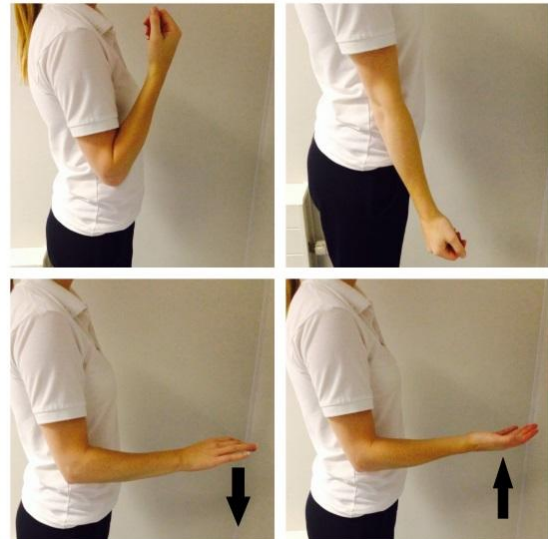


### Exercises:

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.

### Your fracture should now be healed.

You can continue to gradually increase your day-to-day activity. When you feel ready and your pain has settled, you can start to lift more and gradually return to sports. It is normal to still have mild discomfort so be guided by this. The discomfort may continue for 3-6 months.

### **I still have pain. Is this normal?**

It may be helpful to talk to your GP about pain relief in the early stages of your recovery. Your pain should gradually improve over time. If you are still struggling at 6 weeks post injury, please get in touch with us to discuss. If your pain is manageable but your injury is still a concern at 12 weeks post injury, please contact us.

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

You can return to driving when you are no longer using a sling, you can move your arm comfortably, and you can control the vehicle safely.

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

### **When can I return to work?**

If you have a desk-based job or similar, you can return to work as soon as you feel confident to do so, providing you are following the advice in your care plan.

If you have a more active or manual job, you may need a fit note until you are able to return to your normal duties.

### **When can I return to lifting and sports?**

Avoid bearing weight through the arm for 6-8 weeks and avoid sports for 4-6 weeks. Activities with higher risk such as skateboarding should be avoided for at least 6 weeks. Be guided by your symptoms and return to lifting and normal activities as your pain and movement allow.

### **How can I get a fit note for work?**

If a fit note is required for your work, please discuss this with the Virtual Fracture Clinic team.

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

Call 01273 696955 extension 63428 and leave a message.

Email [uhsussex.fracturecare@nhs.net](mailto:uhsussex.fracturecare@nhs.net)

### **Where can I get more information about my injury?**

Visit [www.fracturecare.co.uk](http://www.fracturecare.co.uk) or scan the QR code.

