



Proximal Radius Fracture

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You will not be followed up by the consultant.

This is a follow-up letter to your recent telephone consultation with the fracture care team, explaining the ongoing management of your injury.

Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

You have sustained a fracture to one of the bones in your elbow (Proximal radius). Please see the picture below to understand where this injury is.

This normally takes approximately 6 weeks to unite (heal). You may use the arm in the mean- time and indeed it is important to keep the elbow moving to prevent stiffness.

Please see excercises overleaf.

You should, however, avoid any heavy lifting for the full 6 weeks.

Take pain killers as prescribed.

Picture of injury



If you are worried that you are unable to follow this rehabilitation plan, have any questions, experiencing pain or symptoms other than at the site of the original injury or surrounding area, please telephone the Fracture Care Team for advice on the number at the top of this letter.

Please follow the Management/rehabilitation plan shown below:

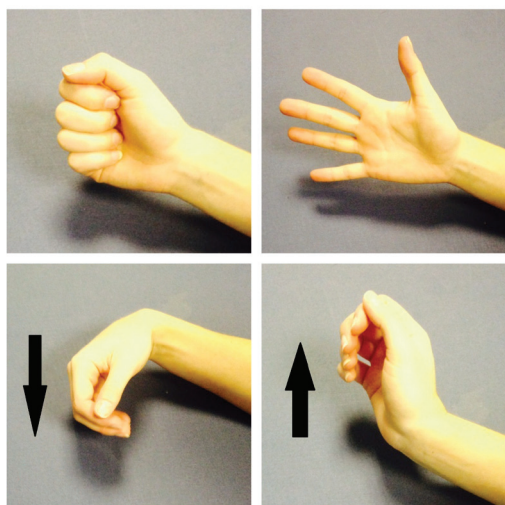
Weeks since injury	Rehabilitation plan
0-2	Wear sling for comfort only. Take your arm out of the sling and practise moving the elbow (see below). Do the exercise below every hour in the daytime.
2-6	Try not to use the sling and do normal light activities with the arm. Avoid lifting more than the weight of a cup of tea for six weeks. Continue with the exercises.
6-12	The fracture should be united (healed) and you can do normal activity but be guided by any pain you get. You should be able to carry out day to day activities although arduous tasks may cause discomfort.

Smoking cessation

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.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

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 / ball of socks. Squeeze the ball as hard as possible without pain.

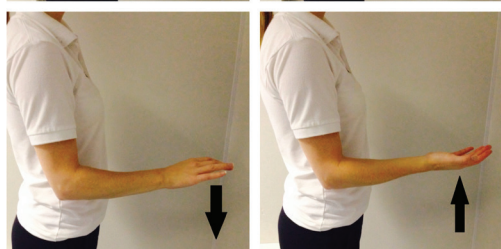
Hold for 5 seconds and repeat 10 times.



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.