

Radial Head / Neck Fracture

You have a small fracture in the radial head or the radial neck, one of the bones in your elbow. We treat this fracture with a pressure bandage and a sling.

Treatment

A fracture of the radial head or neck is a common injury. The fracture is treated with a pressure bandage and a sling.



Time	Treatment
0-1 week	Wear a sling, remove it as soon as pain allows this Wear a pressure bandage, remove it as soon as pain allows this
1-4 weeks	Start exercises: bend and extend the arm (do not turn the arm)
4-6 weeks	Move the elbow in all directions, when the pain allows it
After 6 weeks	Start sports

Instructions

Follow the instructions for an optimal recovery.

- Wear a pressure bandage and sling, this keeps your arm in a comfortable position.
- Usually you do not need the pressure bandage and sling after one week. We therefore advise you to stop using the sling after one week, when the pain allows you to do this. When the pain is too strong after one week, you can wear the pressure bandage for another week.
- You can replace the pressure bandage yourself. You can use the pressure bandage you are wearing at the moment, or you can buy a new bandage at the pharmacy. You can find instructions on how to apply the pressure bandage in the link in this folder underneath.
- The fracture is close to the joint. Therefore, start bending and extending the arm as soon as the pain allows you to do this. This prevents the elbow from getting stiff. You can find exercises in this information folder.
- Are you in pain? Use a mild pain killer, for example paracetamol. Do not wait with paracetamol until the pain is too much. You are allowed to take a maximum of 4 times a day, 2 tablets of 500mg, on fixed times.

Recovery

- This fracture almost always heals well with time and use – no specific treatment is required and therefore routine follow-up is unnecessary.
- Physiotherapy is not necessary. Are you not satisfied with the function of the ankle after 6 weeks? You can ask for a referral from your general practitioner.
- Does the pain increase, or does it not get better? Please contact the fracture-phone (Breuklijn)

Questions?

U can always call us.

Do you still have questions after reading the folder? Contact the hospital 'Fracture' phone, number 020 – 634 6194. Do you have questions about payment or insurance? Contact your insurance company or visit www.bovenij.nl page 'Kosten en verzekering' (in Dutch).

More information online

For a video about the pressure bandage, visit the following link:

<https://www.youtube.com/watch?v=4ad1AqmtpR0>

Contact BovenIJ Hospital

Fracture phone (breuklijn)	020 - 634 6194
10.00-12.00 and 13.00-16.00	
Emergency Department	020 - 634 6200

Dissatisfied?

For us it is important that our patients are satisfied. That is why we aim to treat you as well as possible during your visit. Despite our effort, it is possible that situations occur which can make you feel unhappy. Are you dissatisfied? Please let us know, so we can find a solution together.

Address BovenIJ Hospital

Physical address
Statenjachtstraat 1
1034 CS Amsterdam

Postal address
Postbus 37610
1030 BD Amsterdam

Radial Head / Neck Fracture

Radial head and radial neck fracture

Exercises

Instructions

After a fracture in the elbow stiffness and loss of strength can occur. The exercises described below can prevent this from happening. Initially gently move the elbow and gradually resume daily activities within the limits of discomfort. You can start the exercises underneath, start to bend and straighten the elbow after 1-2 weeks and start forearm rotations after 4 weeks, as long as pain allows you to do this. Practice at least 3 times a day.

Elbow bend and straighten

Bend and straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.



Forearm rotations

Put your elbow at your side, do not hold it in the air.

Bend your elbow to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain (see next page).



