INFORMATIE OVER

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. In this brochure you can read more about it.

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 is 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 app BovenIJ Trauma and 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): number 020 – 634 6195.

Questions?

You can always call us.

More information online

Virtual Fracture Care app

In our Virtual Fracture Care app you can find more information about your injury. You can also find exercises here to improve your recovery. You can find the app in the Appstore (iPhone) and in the Google Store (Android).

For a video about the pressure bandage, click here.

Afdelingen

Spoedpost

Telefoonnummer	020-634 6200
Openings- en bezoektijden	24 uur per dag
Route	Via ingang Spoedpost (achterzijde van het ziekenhuis)

https://www.bovenij.nl/aandoening-behandeling/radial-head-neck-fracture/radial-head-neck-fracture
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