Radial head fracture
Discharge advice

You have a very small break in the radial head or neck, which is one of the bones in your elbow.

- These fractures almost always heal well with time and use. No specific treatment is required and therefore routine follow-up at the hospital is not necessary.
- A sling will hold your elbow in a comfortable position for a few days.
- You should gradually reduce the time you use the sling for as your pain settles, and aim to remove the sling completely as soon as you feel able to.
- It’s important to keep gently moving the elbow, and gradually resume daily activities as much as you can without causing discomfort. This will prevent stiffness and ensure the quickest return to normal function.
- You may require simple pain relief medication, which you can buy from the pharmacy.
- Do not forcibly stretch your forearm after a radial head fracture. This is unnecessary, and is likely to cause pain and delay your recovery.
- Symptoms may take three to six weeks to settle.

There may be slightly reduced movement at the elbow, especially on straightening it, but this is unlikely to affect its function.

If you have any concerns or problems at any time please contact the virtual clinic on: 07766 367625

This is staffed by our virtual clinic nursing lead from 8.30am to 5.30pm, Monday to Friday.

If you have a non-urgent question outside of these hours please leave a message. This will be picked up during working hours and someone will return your call.

In an emergency contact 999 or attend the emergency department as soon as possible.