

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 Physiotherapist.

You have sustained a soft tissue injury (sprain) to your elbow.

Healing: This normally takes approximately 6 weeks to heal.

Pain and swelling: Your elbow may be swollen. Take pain killers as prescribed.

Using your arm: It is important to keep the elbow moving to prevent stiffness.
Use the sling, if provided, for comfort only.
Try to stop using it as soon as possible.

Follow up: We do not routinely follow up patients with this type of injury.
If after six weeks you are still experiencing pain and swelling then please do not hesitate to contact us for a further consultation.

If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice.

Or, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone or e-mail details at the top of this letter.

York Virtual Fracture Clinic Contact details:

Phone: 01904 726575

Email: virtualfractclinic@york.nhs.uk

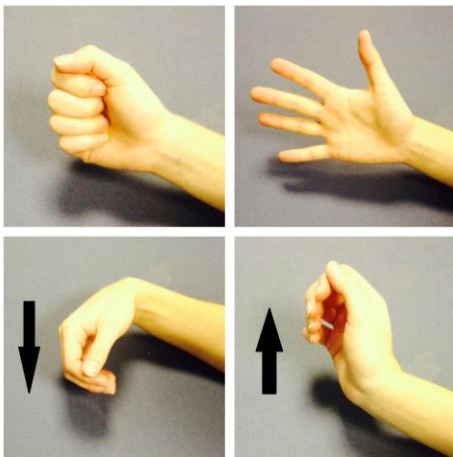
Advice for a new injury

Cold packs: A cold pack (ice or frozen peas wrapped in a damp towel) can provide short-term pain relief. Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with your skin.

Rest: Try to rest your elbow for the first 24-72 hours. However, it is important to keep your elbow moving. Gently move your elbow following the exercises shown below. These should not cause too much pain. This will ensure your elbow does not become stiff and it will help the healing process.

Exercises

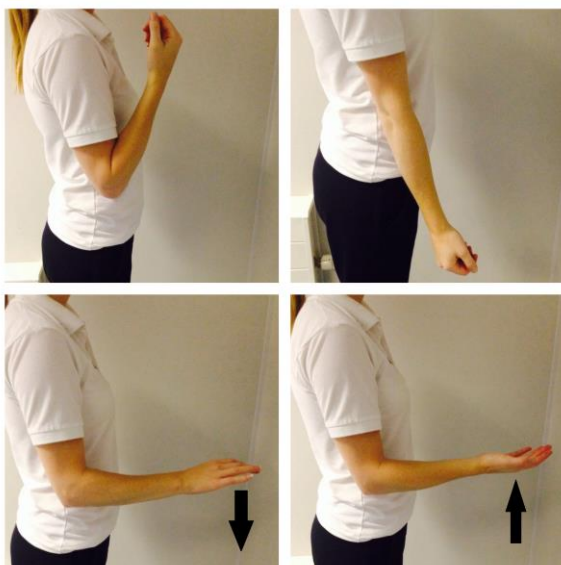
Initial Exercises to be done 5-6 times a day



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.

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