

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.

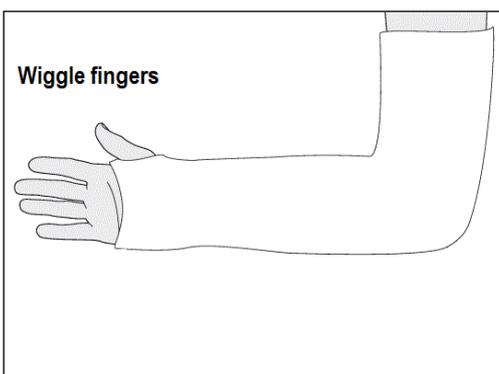
You have sustained a dislocation to your elbow.

Healing: This injury normally takes approximately 6 weeks to heal.

Pain and numbness: Take pain killers as prescribed.
It is important that you make sure you can always wiggle your fingers and that you have full sensation to your fingers. If at any time you lose sensation or movement of your fingers you should immediately return to A&E to have the plaster checked.

Using your arm: You have been placed in a temporary backslab (plaster) in A&E and given a sling. You should try to do the gentle exercises described below.

Follow up: You will see an Upper Limb Specialist 7-14 days after your injury. They will remove the temporary plaster and examine your elbow. You may be fitted with another cast or brace and you may need further x-rays. The specialist will talk through the next stage of your rehabilitation. If you have not received this appointment within one week of receipt of this letter please contact the booking hub directly on Tel: 0.



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.

If you experience 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.

Please follow the management plan below.

What to expect:

Weeks since injury	Rehabilitation plan
0-2	<ul style="list-style-type: none">✓ Keep the arm elevated in the sling or on pillows if more comfortable.✓ Do the circulation exercises show below.✓ You will see an Upper Limb Specialist
2-6	<ul style="list-style-type: none">✓ The Specialist will give you advice for the next phase of your rehabilitation at your follow up appointment.

Smoking advice:

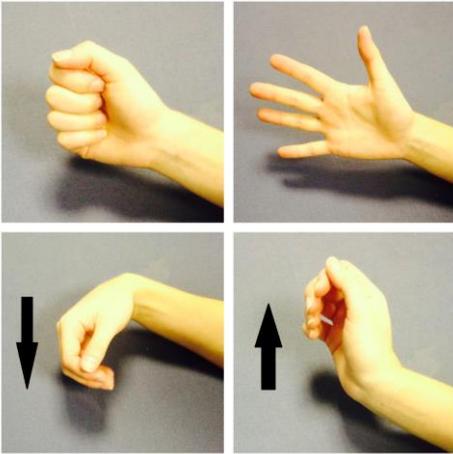
Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery 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.

York Virtual Fracture Clinic Contact details:
Phone: 01904 726575
Email: virtualfractclinic@york.nhs.uk

Exercises

Initial Exercises to be done 5-6 times a day



Finger and wrist flexion and extension

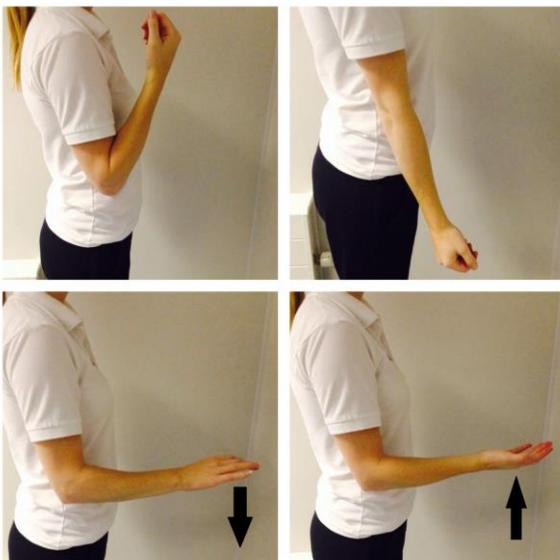
Begin this exercise by opening and closing your hand as shown, then moving your wrist up and down approximately 10-15 times

Progress to holding a soft ball / ball of socks. Squeeze the ball as hard as possible without pain.

Hold for 5 seconds and repeat 10 times if there is no increase in pain.

After your appointment

Your consultant may say you are ready to do these exercises 5-6 times a day. Check with them at your appointment before starting these exercises.



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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