

You have an

## Olecranon Fracture

This is a break to a bone in your elbow.

### Healing:

It normally takes 6 to 8 weeks for this fracture to heal.

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk) for more information.

### Feeling and movement of your hand:

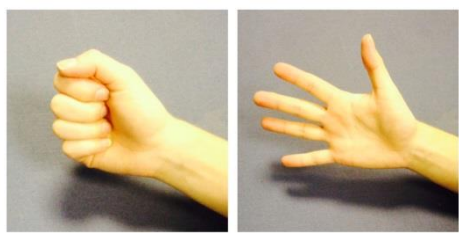
It is important you can always wiggle your fingers and have full feeling in your hand. If you lose movement or feeling of your hand go to A&E immediately for your cast to be checked.

### Cast and sling:

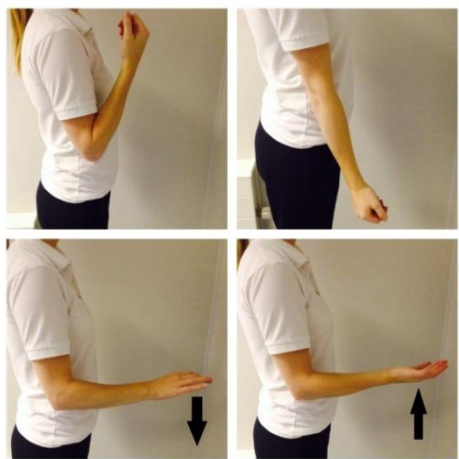
You have been fitted with a backslab (temporary cast) and a sling. Your backslab will be removed after 1 week and a new cast fitted. You will have a cast for a total of 4 weeks.

Elevating your arm in the sling or on a pillow will help to reduce your swelling and pain. Take pain medication as prescribed.

### Exercises:



Start these exercises straight away: Bend and straighten your fingers and thumb 10-15 times. Do these movements regularly in the day. The cast may restrict your movement initially.



Start these exercises after your cast is removed:

Bend and straighten your elbow so you feel a mild to moderate stretch. Do not push into pain.

Bend your elbow to 90 degrees. Slowly turn your palm up and down until you feel a mild to moderate stretch. Do not push into pain.

**You should not lift anything heavy or push or pull through the arm for 6 weeks.**

### **Follow up:**

Due to Covid-19 we have changed how we are following up patients with this injury. The Virtual Fracture Clinic team will discuss this with you and arrange any additional x-rays or follow up appointments, if need.



## **Frequently Asked Questions**

### **I am concerned about my symptoms. What do I do?**

Please contact the Virtual Fracture Clinic. If you cannot feel or move your fingers or thumb, go straight to A&E.

### **When can I start driving?**

You can return to driving when:

- You are no longer in a cast or sling,
- You can move comfortably and
- You can control the vehicle safely.

Always test your ability to drive in a safe environment first.

### **How can I get a certificate for work?**

You can get a fitness for work statement from your GP or the doctor at your Fracture Clinic appointment.

### **How do I contact the Virtual Fracture Clinic?**

Call 01273 696955 extension 63428.

Email [bsuh.fracturecare@nhs.net](mailto:bsuh.fracturecare@nhs.net)