

Orthopaedic Department  
York teaching hospital

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.

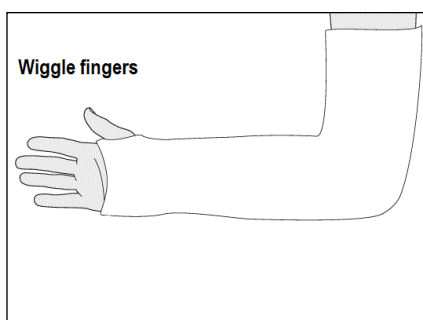
**You have sustained a supracondylar fracture to your distal humerus.**

**Healing:** This injury normally takes approximately 6 weeks to heal.  
In some occasions this injury may need surgical repair.  
You will have been placed in a temporary backslab (plaster) in A&E and given a sling to protect your fracture.

**Pain and numbness:** Take pain killers as prescribed.  
It is important that you make sure you can always wiggle your fingers whilst in the plaster 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.

**Follow up:** You will see an Upper Limb Specialist 7-10 days after your injury. They will remove the temporary cast and examine your elbow.  
Depending on this examination you may be fitted in another cast or brace and you may need further x-rays or surgery. The specialist will talk you through the next stage of your rehabilitation.  
If you have not received this appointment within one week of receipt of this letter please contact us via details below.

**Backslab / Plaster**



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 bottom of this letter.

**York Virtual Fracture Clinic Contact details:**

**Phone:** 01904 726575

**Scarborough Trauma Assessment and Treatment Unit (TATU):**

**Phone:** 01723 342021 / 07385 463781

**Email:** virtualfractclinic@york.nhs.uk

**Please follow the management plan below**

**What to expect:**

<b>Weeks since injury</b>	<b>Rehabilitation plan</b>
0-2	<ul style="list-style-type: none"> <li>✓ Keep the arm elevated in the sling or on pillows if more comfortable.</li> <li>✓ Do the circulation exercises show below.</li> </ul>
1-2	<ul style="list-style-type: none"> <li>✓ The Specialist will give you advice for the next phase of your rehabilitation at your follow up appointment.</li> </ul>

**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

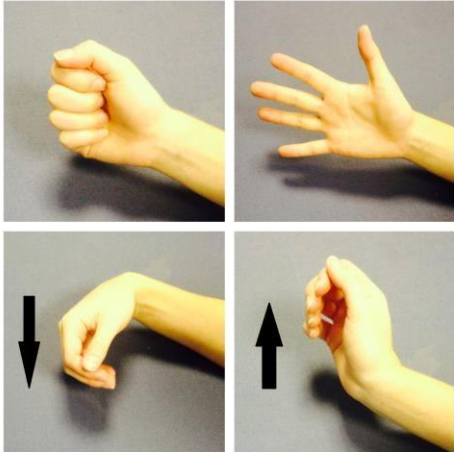
**Scarborough Trauma Assessment and Treatment Unit (TATU):**

**Phone:** 01723 342021 / 07385 463781

**Email:** virtualfractclinic@york.nhs.uk

## Exercises

### Initial Exercises to be done 5-6 times a day



#### Finger and wrist flexion and extension

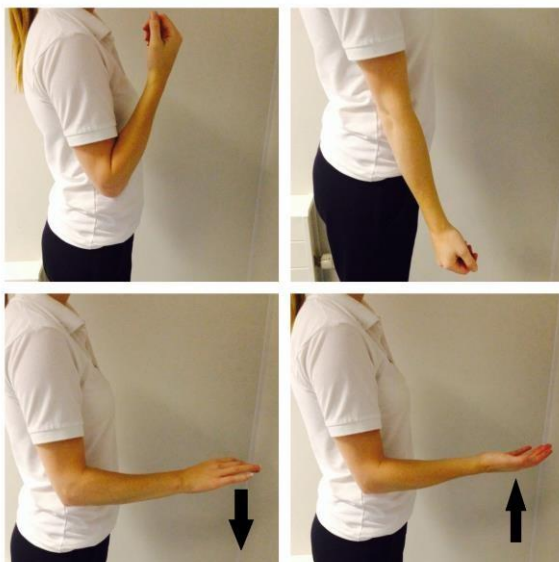
Begin this exercise by opening and closing your hand as shown, then moving your wrist up and down approximately 10-15 times

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 consultant appointment

**Ask your consultant if you can start these exercises. They can be done 5-6 times a day if the consultant thinks you're ready.**



#### 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.

#### **York Virtual Fracture Clinic Contact details:**

**Phone:** 01904 726575

**Scarborough Trauma Assessment and Treatment Unit (TATU):**

**Phone:** 01723 342021 / 07385 463781

**Email:** virtualfractclinic@york.nhs.uk