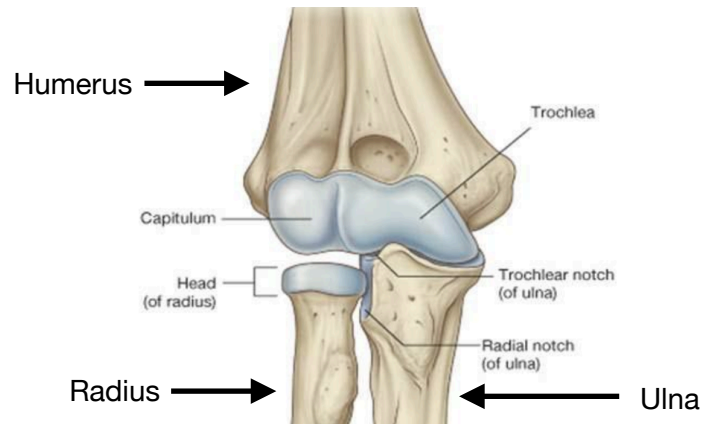


Elbow Fractures



What is it?

There are 3 bones that make up the elbow: the (distal) humerus, the ulna, and the radius (radial head). Any part or parts of these bones can be broken. Elbow fractures are usual a result of a trauma.

How is it treated?

Depending on the fracture pattern and stability of the elbow, surgery may or may not be recommended. If surgery is recommended, it usually means plates and screws, possible radial head replacement, possible ligament repair.

What is the recovery from surgery?

After surgery, you will likely be in a splint until follow-up. After the first post-op appointment, most patients are transitioned to a removable splint and can be taken on and off for hygiene. Range of motion and activity level will be gradual over the next 3 months as the fracture heals. Broken bones take 3 months to heal.

What can expect after surgery?

Patients can expect a more stable elbow after surgery. However, elbow fractures are notorious for elbow stiffness after surgery. After the fracture heals, there are no long term restrictions on your elbow.