

# Radius (Proximal) Fracture

Fractures of the proximal (upper) radius will affect the radial head or upper part of the radius, which make up the elbow joint. Fractures of this bone often occur from falling onto an outstretched hand or sustaining a direct blow to the outside part of the elbow. Damaging other bones in the elbow joint of the surrounding soft tissues in the fracture site might occur at the same time.

These fractures can either be displaced or non-displaced. At the time the injury occurs, the proximal radius fracture can become dislocated with the radial head ending up migrating towards the elbow joint.

## Radius (Proximal) Fracture Anatomy

The radius is a bone in the forearm. It's the thinner of the two forearm bones, one being the ulna (larger bone that joins the bottom of the elbow) and the smaller radius being the second of the forearm bones. The top of the radius is called the proximal radius, and forms what is known as the "radial head". The lower part of the radius is known as the distal radius and joins the wrist. There are lots of nerves, muscles and tendons around the wrist, forearm and elbow.

## How to Treat a Radius (Proximal) Fracture:

### 1. Go to Hospital

- If you have had a bad fall, and have severe pain in your forearm, elbow or wrist, go to hospital. You need to get an X-ray done to rule out a fracture.
- If you have a fracture, it will be assessed for surgery. Small non-displaced fractures will either be left, or be put into a cast. Larger fractures may need to be operated to join the bones.

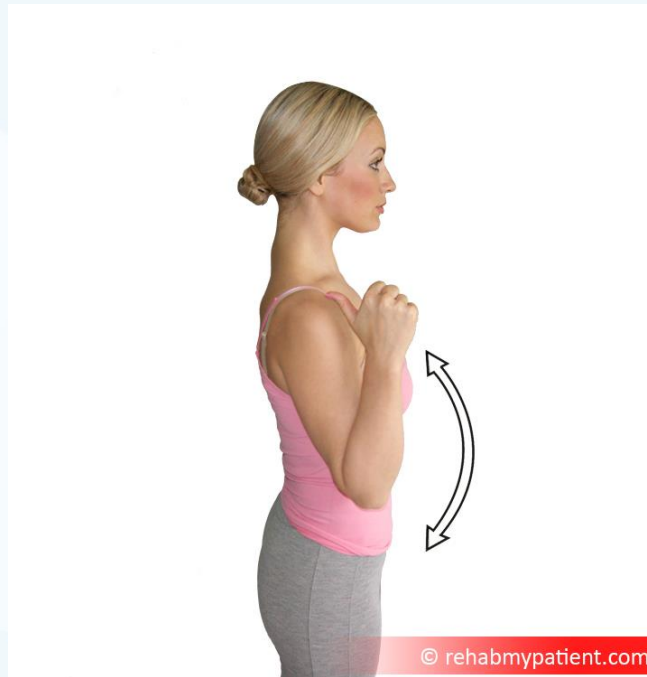
### 2. Physiotherapy

Once your elbow is out of the cast, or showing signs of healing, physiotherapy can help to reduce the pain and restore movement and functionality to the elbow. By going through a structured rehabilitation program, followed with a thorough assessment that includes goals for restoring movement, functionality and strength, you can regain movement in the joint.

Physiotherapy involves:

- Passive movement exercises such as flexion/extension and pronation/supination of the elbow.
- Ultrasound to aid in the healing process.
- Soft tissue massage for relieving pain and tension.
- Strengthening exercises.
- Active movement activities for the affected forearm and elbow, as well as isometric and gripping exercises.

The program will be tailored to accommodate your specific needs and injury. As you go through the treatment process, you will gain flexibility, coordination, endurance and strength, so that way you recover fully and return to your normal activities.



#### Tips:

- If you find yourself falling, avoid placing your arm out in front of you in an attempt to stop the fall. Try to roll on to your side as you fall.
- Direct blows to the elbow, such as from a car accident or being hit in the elbow with a softball, can cause the bone to fracture.
- Whenever playing sports, always use proper sporting equipment to protect your body from potential injury.
- Anytime you hit your elbow into something and begin feeling pain whenever you try to move the elbow or shoulder, you need to have it evaluated for further injury.
- Limited movement, swelling and severe pain in the site is a sign that there might be a bone that was fractured in the joint. Get to hospital and get an x-ray done.