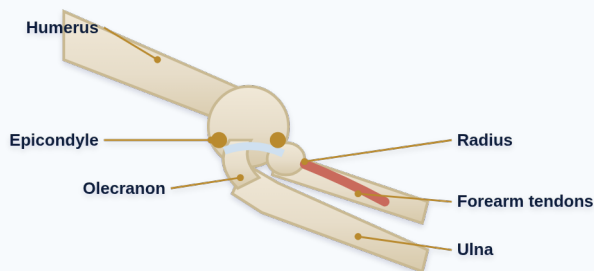


ELBOW CONDITION

Elbow Fractures

Fractures of the Elbow — Patient Condition Guide



Elbow anatomy — for education; your anatomy may differ

OVERVIEW

An elbow fracture is a break in one or more of the three bones that form the elbow — the humerus (upper arm), radius, or ulna (forearm). They often result from a fall onto an outstretched arm or a direct blow. Treatment depends on which bone is broken, how displaced it is, and whether the joint is stable.

ANATOMY

The elbow is formed by the end of the humerus and the tops of the radius and ulna. Common fractures include the radial head, the olecranon (the bony tip of the elbow), and the distal humerus.

SYMPTOMS

- Pain, swelling, and bruising around the elbow
- Deformity or an inability to bend or straighten the elbow
- Tenderness directly over the broken bone
- Numbness or tingling in the hand if a nerve is involved

DIAGNOSIS

Dr. Pettit examines the elbow and orders X-rays to identify the fracture; a CT scan may be used for complex or displaced patterns.

TREATMENT OPTIONS

Stable, non-displaced fractures are often treated with a splint or sling and early gentle motion. Displaced or unstable fractures usually require surgery — open reduction and internal fixation with plates, screws, or pins — to

restore alignment and allow early movement, which is key to a good result.

RECOVERY OUTLOOK

Bone healing typically takes 6–12 weeks. Regaining full motion and strength can take several months and usually requires physical therapy.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/handouts/elbow-fracture.pdf

This handout is for general patient education and does not replace personalized medical advice. Always follow the specific instructions given by Dr. Pettit and your care team.

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