INFORMATIE OVER

Greenstick fracture in children

Your child has a small fracture in the lower-arm, a greenstick fracture. It is a buckle in the bone. This fracture is treated with a brace and a sling. You can read more information on the fracture and its treatment in this brochure.

Treatment

The greenstick fracture of the wrist or lower-arm is a common injury in children. It is called a greenstick fracture, because the buckle in the bone looks like a flexible branch of a tree bending. The fracture is treated with a brace and a sling.

Time	Treatment
0-2 weeks	Wear a sling, remove it as soon as the pain allows this. Wear the brace.
2-3 weeks	Wear the brace, remove it as soon as the pain allows this.
3-5 weeks	Move the wrist freely.
after 5 weeks	Start sports.

Instructions

Follow the instructions below for an optimal recovery.

- The brace and sling keep your arm in a comfortable position
- Wear the brace for two weeks. Is your child in too much pain after 2 weeks? Your child can use the brace in the third week. After the third week you should not wear the brace anymore.
- Your child can wear the sling as well, it can be removed as soon as the pain allows you to do this.

- The fracture is close to the wrist. Therefore, it is important that your child starts moving the wrist after 1-2 weeks. This prevents the wrist from getting stiff and improves the healing and recovery.
- After 3 weeks your child can gradually start all activities again. This is only when the pain allows your child to do this. When it is not possible it is better to wait for a few days.
- When your child takes a shower, the brace can be removed. Make sure that the arm is completely dry before putting on the brace again. You can find instructions about putting on a brace in the app, BovenIJ Trauma or in the link underneath in this folder
- Is your child in pain? Use a mild pain killer, for example paracetamol. Do not wait with paracetamol until the pain is too much.

Recovery

This fracture almost always heals well with time and use – no specific treatment is required and therefore routine follow-up is unnecessary.

Does the pain increase, or does it not get better? Please contact the fracture-phone (Breuklijn). We will make an appointment when it is needed: 020 – 634 6195, available Monday – Friday 9.00-12.00 and 13.00-16.00.

Questions?

You can always call us.

More information online

Virtual Fracture Care app

In the Virtuel Fracture Care app you can find more information about your injury. You can also find exercises here to improve your recovery. You can find the app in the Appstore (iPhone) and in the Google Store (Android).

Video

For a video about the brace, click on this link.

Afdelingen

Spoedpost

Telefoonnummer	020-634 6200
Openings- en bezoektijden	24 uur per dag
Route	Via ingang Spoedpost (achterzijde van het ziekenhuis)

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