een santeon ziekenhuis

Greenstick fracture (children)

Your child has a small fracture in the lower-arm, which is called a greenstick fracture. This fracture is treated with a brace and a sling.

Summary

- Your child has a small fracture in the lower-arm.
- This type of injury almost always heals well without any loss of function.
- A routine follow-up is not necessary for this type of injury.
- The sling can be removed as soon as your child's pain allows this. The brace can be removed after 2 weeks. If your child is still in too much pain, the use of the brace and sling can be reduced in the third week.
- To prevent the wrist from getting stiff, it is important that your child starts moving the wrist after 1-2 weeks.
- You can find instructions on how to reapply the brace in our Virtual Fracture Care app in the App store (iPhone) or Google Store (Android).
- If you have any questions, or are experiencing problems with your recovery, you can call the 'Breuklijn' (fracture hotline) on workdays between 10.00-12.00.

Treatment

The greenstick fracture of the wrist or lower-arm is a common injury in children. This type of injury is called a greenstick fracture because it looks like a young twig that has been bent. It is treated with a brace and a sling.

0-2 weeks
• Wear a sling, remove it as soon as your child's pain allows. • Wear the brace.
2-3 weeks
• Wear a brace, remove it as soon as your child's pain allows.
3-5 weeks
• Move the wrist and lower-arm.
After 5 weeks
• Start sports.

Instructions

Follow these instructions for a good recovery.

- The brace and sling will keep your child's arm in a comfortable position.
- Continue to wear the brace for two weeks. If your child is in too much pain after 2 weeks, you can continue to use the brace into the third week. After the third week, your child should not wear the brace anymore.
- Your child can wear the sling as well, but it can and should be removed as soon as your child's pain allows.
- The fracture is close to the wrist. It is important that your child starts moving the wrist after 1-2 weeks. This will prevent the wrist from getting stiff and will improve healing and recovery. No specific exercises are necessary.
- After 3 weeks, your child can gradually start all usual activities again as soon as your child's pain allows. If your child is still in too much pain, it is better to wait a few more 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 on how to reapply the brace in our Virtual Fracture Care app or in this video (http://www.youtube.com/watch?v=cx4L4KQV0ms).
- Is your child in pain? Use a mild pain killer such as acetaminophen. Do not wait until the pain is too much.

Recovery

- This type of injury almost always heals well with time and use.
- No specific treatment is required and routine follow-up is not necessary.
- Does the pain increase, or does it not improve? Please contact the 'Breuklijn' (fracture hotline). See also the information at the bottom of this page.

Reapply the brace

If you want to reapply the brace, you can find instructions in this video (http://www.youtube.com/watch?v=cx4L4KQV0ms)and in our Virtual Fracture Care app to do so.

Exercises

The fracture is close to the wrist. Therefore it is important that your child starts moving the wrist after 1-2 weeks. No specific exercises are necessary.

Virtual Fracture Care app

In our Virtual 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). You can also scan the QR-code, automatically you will be transferred to the app.

Questions? Please call 'Breuklijn'

If there are any questions after reading this information, please call the 'Breuklijn' (fracture hotline) on workdays between 10.00-12.00.

Gerelateerde informatie

Specialismen

- Spoedeisende Geneeskunde (https://www.antoniusziekenhuis.nl/spoedeisende-geneeskunde)
- Chirurgie (https://www.antoniusziekenhuis.nl/chirurgie)

Contact Spoedeisende Geneeskunde	T 088 320 33 00