

# Patient Education



ARNOLD PALMER HOSPITAL  
For Children  
Supported by Arnold Palmer Medical Center Foundation

The Orthopaedic Center  
at Arnold Palmer Hospital

83 W. Columbia St. Orlando, FL 32806  
321-841-3040 f:321-841-3049

## WRIST FRACTURES



### STABLE FRACTURES:

A stable fracture in a child is when they sustain a crack in their bone and it does not disrupt the outer lining of the bone. This lining is called the **periosteum** and holds the bone together and prevents displacement.

### BUCKLE FRACTURES

A buckle fracture is different from a stable fracture in which the bone is compressed on to itself. A child is susceptible to this because the bones are more flexible than an adult's bone. The compressive force causes a "wrinkle" in the bone. Think of a coke can where one side is crumpled but the other is normal and intact. This is also a very stable fracture.



### TREATMENT:

These fractures could heal without any treatment but some protection is advised to keep your child comfortable and to prevent any further injury. Depending on the child's age the fracture should heal within 3-4 weeks and the bone will be stronger than it was before breaking it. Here are some treatment options.

**Velcro Splint:** This should be worn for the whole treatment time and restrictions from PE and activities are still given, but it can be removed for bathing. This is enough protection for the bone to heal but avoids the inconvenience (and smell!) of a cast for bathing.

**Semi-Rigid Cast:** This is a cast that can be removed by the parent after the treatment period. Normal cast care is needed and it cannot get wet or should not be removed until the treatment is over.

**Casting:** Casts are either plaster or fiber-glass and cannot be removed by the parents or child. They are rigid and remain in place until removed at the next office visit.

Remember! "*Fracture, crack, break*": all the same thing!

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## SEMI-RIGID CAST INSTRUCTIONS

A soft cast is rigid enough to protect the bone and make the child more comfortable. It is a cast material and needs to be treated like a cast.

Please follow the instructions on cast care. Also don't hesitate to call and bring your child back if you have any concerns.

On \_\_\_\_\_, you may remove the cast yourself. All you have to do is unwrap the tape. It sticks to itself like strong adhesive tape.

After the fiberglass tape is removed, you can carefully cut the padding with scissors or simply pull it apart with your fingers and then remove the cast liner.

The skin will be dirty and the arm will be skinny because it hasn't been used for a few weeks. Wash the skin with soap and water and use lotion from itching. Don't scrub too hard because the skin is sensitive and will become raw

The wrist may be stiff and sore for a few days but allow your child to begin moving it on their own. It may take 3-4 weeks for the muscle to build back up, but this will happen without any effort. Therapy is not necessary because children are very active and this is a minor injury.

Remember to call us if you have any concerns, or questions at any time.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Witness

\_\_\_\_\_  
date