

Orthopaedic Department
York Teaching Hospital

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Physiotherapist.

You have sustained a greenstick fracture to your distal radius and/or ulna (forearm just before the wrist).

This is a specific type of fracture that occurs in children's bones

Healing: This normally takes approximately 4 - 6 weeks to heal. It is normal for it to continue to ache a bit for a few weeks after this.

Pain and swelling: Take pain killers as needed. The plaster backslab helps healing by keeping the bones in a good position. Elevate the arm to reduce swelling for the first few days

Using your arm: You may use the arm as pain allows. It is important to keep the elbow moving to prevent stiffness.

Follow up: There is a small chance that this fracture can displace (move). Therefore we routinely recommend a repeat x ray at 1 week after the injury and a new plaster cast.

Arrangements for this appointment should have been made during your telephone

Area of injury:



If you are worried that you are unable to follow this rehabilitation plan,

Or, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

or have any questions, then please phone the Fracture Care Team for advice.

York Virtual Fracture Clinic Contact details:

Phone: 01904 726575

Scarborough Trauma Assessment and Treatment Unit (TATU):

Phone: 01723 342021 / 07385 463781

Email: virtualfractclinic@york.nhs.uk

Please follow the plan below:

Weeks since injury	Plan
0-1	<ul style="list-style-type: none"> ✓ You will be in a backslab. ✓ Use the sling for the first few days if the arm is painful. ✓ Move your fingers often.
1-6	<ul style="list-style-type: none"> ✓ You will be put in a soft cast this can be removed at home between 3-4 weeks depending on how comfortable your arm is) ✓ Continue to move the fingers often. ✓ You can use the arm for simple tasks as pain permits.
6 weeks	<ul style="list-style-type: none"> ✓ The fracture is healed. ✓ You can go back to normal activity but be guided by any pain you are experiencing. ✓ You can start the exercises below if the wrist feels stiff. ✓ Do normal day to day activities. ✗ Heavy tasks, heavy lifting or sport may cause some initial discomfort. ✗ If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.

Advice for a new injury

Rest and Elevation:

Try to rest the arm for the first 24-72 hours to allow the early stage of healing to begin. Raise your wrist above the level of your heart with a sling if it is throbbing.

Movement and exercise:

This type of wrist fracture is relatively minor and heals very quickly. There is rarely any stiffness after the splint comes off but below are a few exercises should the wrist initially feel a little stiff.

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Removing the cast:



Cut off the cast with normal scissors



Open the cast and slide the arm out

If it is too difficult to cut the cast;



Soak the cast for 10 mins in a basin of water or in the bath as part of bath time. Then unroll the cast;

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**Find the end of the roll of the cast and unroll the coloured strip. This may need a few tugs as it will be sticky- this will not affect the healed fracture. Keep unwrapping till there is no coloured bandage left, then slip off any padding.
The bandage and padding can be thrown away in a normal bin.**

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