

VFC - Greenstick EN

Greenstick

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 the app.
- If you have any questions or problems during the recovery, do not hesitate to contact us on workdays from 09:00 – 11:00 AM – 2:00 – 4:00 PM via the Fracture Hot Line.

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
<ul style="list-style-type: none">• Wear the sling, remove it as soon as your child's pain allows this.• Wear the brace.
2-3 weeks
<ul style="list-style-type: none">• Wear the brace, remove it as soon as your child's pain allows.
3-5 weeks
<ul style="list-style-type: none">• Move the wrist and lower-arm.
After 5 weeks
<ul style="list-style-type: none">• Start sports.

Instructions

Follow these instructions for a good recovery.

- The brace and sling will keep your child's arm in a comfortable position.
- The sling can and should be removed as soon as your child's pain allows. 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.
- 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.
- After 3 weeks, your child can gradually start all usual activities again as soon as your child's pain allows this. 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 the app.
- Is your child in pain? Use a mild pain killer such as paracetamol (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 unnecessary.
- Does the pain increase, or does it not improve? Please contact the Fracture Hot Line. If a check-up seems necessary, we will schedule an appointment.

Reapply the brace

If you want to reapply the brace, you can find instructions in the video below to do so.

<https://www.youtube.com/watch?v=IA8FrQ2a3bw&feature=youtu.be>

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.

Any questions?

Do you have any questions after reading this information? Ask your question via Laurentius hospital Fracture Hot Line.

Virtual Fracture Care App

Find more information about your injury in our app. The app also includes exercises that promote your recovery. You can find the app in the App Store (iPhone) or Google Store (Android).



You can also scan the QR code. You will then automatically be redirected to the app.

Contact

Fracture Hot Line

T 0475-38 22 11
(business days from 09:00 – 11:00 AM – 2:00 – 4:00 PM)

Source brochure: Proefschrift Virtual Fracture Care: Direct ontslag vanaf de SEH voor patiënten met simpele stabiele letsels

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