

Bridlington Urgent Treatment Centre

Greenstick Fracture

Your child recently had a consultation at Bridlington Urgent Treatment Centre and this letter explains what you need to do to help their injury to heal. We do not expect any complications but if progress does not go to plan please get in touch or come back to the UTC.

Your child has sustained a greenstick fracture to their 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 & 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: Encourage your child to use their arm as much as they can. It is important to keep the elbow moving to prevent stiffness.

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

Arrangements for this x-ray should have been made, but if not, please call Bridlington UTC on 01262 425631. You can also contact them if you are worried that your child is unable to follow the rehabilitation plan, they are still experiencing pain or symptoms other than at the site of the original injury or surrounding area, or you have any further questions.

Please follow the plan on the next page.

What to expect:

Weeks since injury	Plan
0-1	<ul style="list-style-type: none"> ✓ Your child will be in a backslab for 4 weeks ✓ Use the sling for the first few days if the arm is painful ✓ Encourage your child to move their fingers often
1-6	<ul style="list-style-type: none"> ✓ Continue to move the fingers often ✓ Your child can use their arm for simple tasks if it's not too painful
6 weeks	<ul style="list-style-type: none"> ✓ The fracture is healed ✓ Your child can go back to normal activity but be guided by any pain they may have ✓ Your child can do normal day-to-day activities

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 child's wrist above the level of their heart with a sling if it is throbbing.

Removing the cast

- Cut off the cast using normal scissors on the soft part of the bandage..
- Open the cast and slide the arm out.
- The bandage and padding can be thrown away in a normal bin.

Contact Us: Bridlington UTC 01262 425631

If you would like this document in an alternative language or format, such as large print or Braille, please call 01482 976924 or email chcp.marketing@nhs.net

Let us know what you think...

You can contact a CHCP Customer Care Advisor if you have a comment, concern, compliment or complaint by writing to: Customer Care Advisor, City Health Care Partnership CIC, 5 Beacon Way, Hull, HU3 4AE
Email: chcp.customercare@nhs.net, Tel: 01482 347 627