

Supracondylar Elbow Fracture (Children)

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Information for Patients

This is a follow-up leaflet 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 a Physiotherapist.

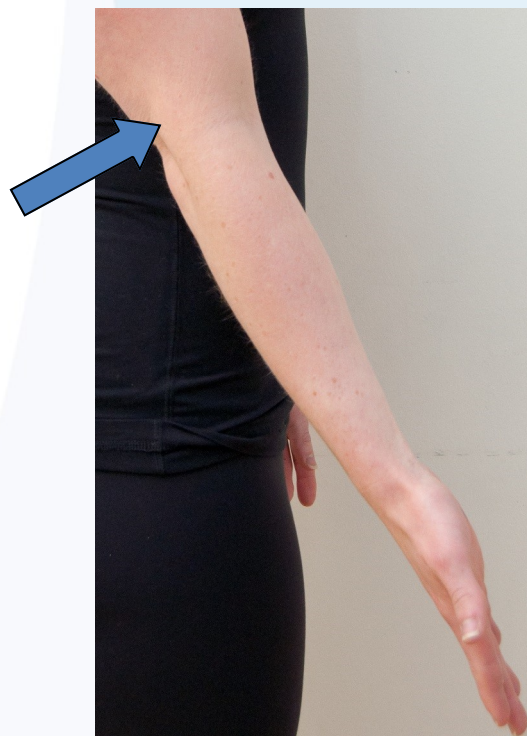
Your child has sustained a supracondylar fracture to their elbow

This means that they have sustained a fracture just above their elbow joint. This normally takes approximately six weeks to heal.

During this healing period, it is important that your child follows the rehabilitation plan on the following page. Following the rehabilitation plan will help to prevent further injury and help to improve your child's function and use of their arm. Completing the exercises is important to prevent their elbow from becoming stiff.

If you are worried that your child is unable to follow the rehabilitation plan, they are experiencing pain or symptoms other than at the site of the original injury or surrounding area, still has pain after twelve weeks, they have not regained their full range of movement after twelve weeks or if you have any questions, then please contact us for advice using the contact details on the back of this booklet.

Please see the picture below to understand where your child's injury is.



Management / Rehabilitation Plan

Weeks since Injury	Rehabilitation Plan
0-2	<ul style="list-style-type: none">• Wear the sling for comfort only. Remove when completing exercises.• Start Stage 1 Exercises.
2-6	<ul style="list-style-type: none">• Discontinue using the sling if you have not already done this.• Begin normal light activities using your arm.• If after 3 weeks you are not close to achieving full movement in your elbow please contact us for further advice / management.• Avoid lifting more than the weight of a cup of tea for 6 weeks.• Continue with exercises.
6-12	<ul style="list-style-type: none">• Fracture should be united (healed).• Gradually resume normal activities as pain allows.• Heavier or more strenuous tasks may still be difficult and cause discomfort at this stage.• Symptoms will continue to improve over the next few months.• If you are still experiencing significant pain and / or stiffness please contact us for further advice / management .

Exercises

Stage 1 Exercises (hourly)

Elbow bend & straighten

Your child should bend and straighten the elbow of their injured arm so that they feel a mild to moderate stretch. They can use their other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.



Forearm rotations

Your child should rest the elbow of their injured arm by their side. Bend it to 90 degrees. They should then slowly rotate their palm to face up and then down until a mild to moderate stretch is felt. They can use their other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.



Finger and wrist flexion and extension

Your child should move their wrist up and down.

Repeat 10 times.



Exercises continued on following page

Exercises

Stage 1 Exercises Continued (hourly)

Finger flexion and extension

Your child should open and close the hand of their injured arm as shown 10 times.

After a few days, they should hold a soft ball/ball of socks and squeeze it as hard as possible without pain. Hold for five seconds.

Repeat 10 times.



Contact Information

Should you have any worries or concerns following discharge from hospital, please contact either:

Fracture Clinic: 0151 430 1403 (9 am-5pm Monday to Friday)

Emergency Department: 0151 430 2399

Contact Information

Fracture Clinic: 0151 430 4905 (9am-5pm Mon-Fri)

Emergency Department: 0151 430 2399

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

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