

Information for parents and children about....

# Wrist & Elbow Fractures (under 5's)

## Contact Details

For further information and advice please visit our website:-  
[www.poole.nhs.uk/physio](http://www.poole.nhs.uk/physio) and find 'childrens physiotherapy'



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### Wrist and Elbow fractures:

- Wrist and Elbow fractures are very common in children and in most cases they heal very well.
- Current research suggests that most children regain full movement within 4 weeks of removal of their plaster cast. Some children may take longer, which is quite normal.

### After Removal of Plaster:

- Your child's skin may be sensitive and dry for a few days, so apply plenty of moisturiser.
- Some children may naturally be anxious about using their arm to begin with. Reassure them, and encourage gentle movements using the **activities overleaf**.
- Encourage your child to use their arm normally during daily activities such as getting dressed, brushing hair, using a knife and fork.
- Your child must avoid any soft play areas, bouncy castles or boisterous activities for the first **4 weeks** after removal of plaster cast.
- **If your child is not using or moving their arm like normal within 4 weeks please contact your GP for a referral to Physiotherapy.**

### Ideas to get your arm moving:

#### • **Activities such as:**

- Throw and catch with a ball
- Playing with balloons
- Swimming
- Popping Bubble's
- Baking
- Play dough

#### • **Songs and rhymes with actions such as:**

- The Hokey Kokey
- Head, shoulders, knees and toes....
- 1 finger, 1 thumb keep moving....
- Incy wincy spider
- I'm a little tea pot
- Wind the bobbin up

