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on **0300 019 8499** or email **patientexperienceteam@uhd.nhs.uk**.

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Information for parents and children

Wrist and elbow fractures

(under fives)



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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 four 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. Apply plenty of moisturiser.
- some children may be anxious about using their arm to begin with. Reassure them and encourage gentle movements using the **activities in this leaflet**.
- encourage your child to use their arm normally during daily activities such as getting dressed, brushing hair, and using a knife and fork.
- your child must avoid any soft play areas, bouncy castles, or boisterous activities for the first **four weeks** after removal of plaster cast.

If your child is not using or moving their arm like normal within four weeks, please contact your GP for a referral to physiotherapy.

Ideas to get the arm moving:

Activities such as:

- throw and catch with a ball
- playing with balloons
- swimming
- popping bubbles
- 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

