

## Elbow Fracture Splint use after cast removal

### What is a splint?

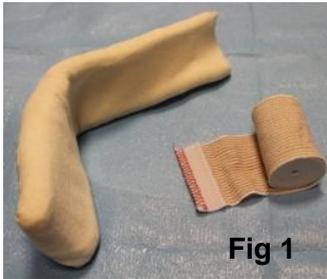


Fig 1

A splint helps protect and support the elbow after a cast is removed. The back half of your child's cast will be used to make the splint. Fig 1

The splint is kept on with an Ace® bandage. It will help make your child more comfortable. Fig 2

Your child's doctor will let you know how long the splint should be worn. Most often it is needed for

2 to 3 weeks. The splint can be taken off for bathing and elbow exercises.



Fig 2

### Daily care and exercises:

You will need to help your child do some simple exercises to help with movement and strength of the elbow joint. This will make it less likely that physical therapy will be needed.

1. Remove the splint a minimum of 2 to 3 times each day and complete each exercise about 20 times. Watch your child closely when the splint is off so they do not hurt themselves.
2. After the splint is off, ask your child to gently and slowly use the elbow joint.
  - a. Have your child keep the elbow close to the side of the body. Ask your child to make the elbow as straight as possible. Fig 3
  - b. Next, ask your child to gently bend the elbow and try to touch their shoulder with their hand as the elbow bends. Fig 4
  - c. Then, ask your child to keep the elbow tight to their side. With the arm bent, turn the palm up and then turn the palm down. Figs 5 and 6



Fig 3



Fig 4



Fig 5



Fig 6

## Special information

Your child:

- May tell you that the elbow is stiff and sore for about 2 to 3 weeks.
- May not be able to fully bend or straighten the elbow for 6 to 8 weeks.
- May not be able to play sports or take physical education (gym) class for a while. The doctor will let you know when your child can start up again.
- If your child had pins removed from the elbow today, stay out of water for 48 hours or until the pin site has scabbed over.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information. You can call the nurse line Monday through Friday 8:00 am until 4:30 pm at 414-266-2414.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**