

Greenstick Fracture of Distal Radius

A greenstick fracture happens when one of the bones cracks or bends, instead of simply breaking into separate pieces. This type of break commonly occurs in younger children because their bones are softer and a lot more flexible than the bones found in adults.

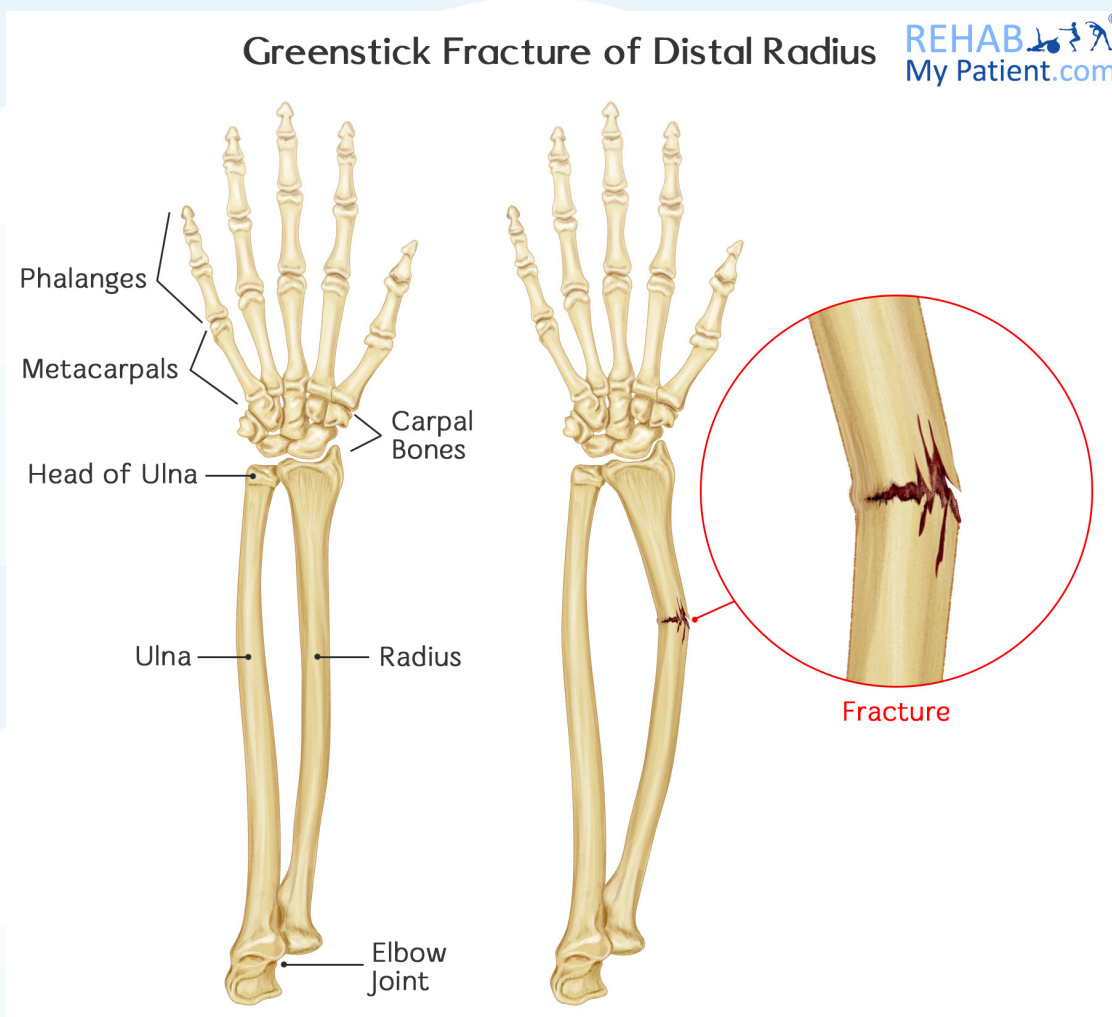
In certain instances, this type of fracture can be quite difficult to diagnose because there might not be a tremendous amount of pain or swelling. Since the child will often be able to use the limb freely, they won't realize there is a problem. Mild greenstick fractures are often thought to be a sprain, but that isn't the case. They can be hard to spot on X-ray.

Typical ages are from babies to younger children. The bone is not completely fractured as some of the bone remains intact.

Even a mild greenstick fracture is often immobilized using a cast. Beyond holding the cracked bones together to allow them to heal, casts can help to prevent bones from completely breaking if the child were to fall on the injured site again.

Greenstick Fracture of Distal Radius Anatomy

The forearm is composed of the ulna and the radius. If you were to hold your arm naturally to the side, the ulna is the one that is closest to you and the radius is the one that is farther away.



Fractures of the forearm can happen near the wrist at the farthest portion of the bone, known as the distal, in the middle part of the forearm or close to the elbow at the top portion of the bone.

Children love being able to jump, run, skip, hop and tumble around. If a child were to fall onto an outstretched arm, they might end up breaking one or both of the bones in the arm.

How to Treat a Greenstick Fracture of Distal Radius:

1. Cast or Splint

Some of the more mild fractures might only need a cast or a splint in place to allow the bones time to heal. For fractures that are more severe and angled, it might be possible to push the bones back into proper position without having to undergo surgery, providing the bones haven't broken through the skin.

Stable fractures might require three to four weeks in a cast. The more serious injuries are going to require anywhere from six to ten weeks in a cast.

2. Surgery

Surgery is an option for realigning the bones and securing them into place if there is broken skin, the fracture isn't stable, bone segments are displaced, the bones have begun to heal improperly and the bones cannot be properly aligned with manipulation alone. After the bones are properly aligned, pins, implants or a cast can hold them in place to allow them time to heal.

Tips:

- Promote regular exercise and good nutrition, which will help to build strong bones.
- Make sure that your child is always wearing the proper equipment when playing sports.
- Use a car seat and seat belt, regardless of how old your child is.
- Make sure your child receives an adequate amount of calcium in their diet. Check to see how much is needed because the amount is going to vary with age.
- Most of the time, the fracture is the direct result of falling onto an outstretched arm.