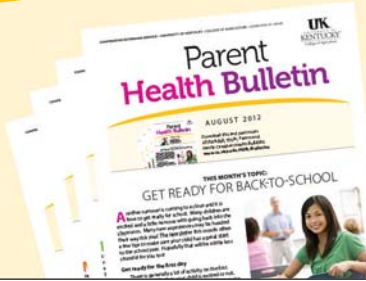


Parent Health Bulletin



JUNE 2013

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THIS MONTH'S TOPIC: BROKEN BONES

Children are highly active and many will have a variety of injuries throughout their childhood. Breaking bones is very common for children and can be easily fixed when the right steps are taken.

A fracture is another word for a broken bone. There are a lot of different types of fractures. A hairline fracture is a very thin break in the bone. Another type is a complete fracture, when the bone is broken into two separate pieces.

Breaking a bone will feel different for everyone. For some it feels like the deep ache of a really bad headache, while other people may feel a sharp pain or little pain at all. These different descriptions can make it difficult to tell if your child actually has a broken bone.

Continued on the back 



If you think a broken bone is a possibility, take your child to the doctor and have it checked out.



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When you get to the doctor's office, they will do an X-ray to help determine if the bone is broken and what kind of fracture it is. Then they can reset the bones in their normal position and apply a cast, so the bones can begin the healing process. Bones are natural healers meaning they create new cells and blood vessels in order to rebuild the bone.

Casts are bandages with two layers: a soft cotton layer against the skin and a strong outer layer to prevent movement. Most casts are not waterproof and you should help your child keep it from getting wet, even while taking baths. Watch for any problems with the cast such as cracks, weak spots or

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skin irritation around the edges. Do not allow your child to put anything inside the cast to scratch or relieve itching. Instead, use a blow dryer and blow cool air inside the cast.

Keep it fun for your child by allowing their friends to sign the cast with permanent markers or decorate it with stickers. Many doctors will let them keep the cast once removed.

Once the cast is taken off, follow the doctor's directions to improve strength and flexibility. Talk to the doctor about when your child can go back to their everyday activities.

Breaking bones can be scary, so remaining calm and walking your child through these steps can be very helpful to them.

SOURCES:

- http://kidshealth.org/kid/ill_injure/aches/broken_bones.html#cat113
- http://kidshealth.org/kid/feel_better/things/casts.html#cat112

Parent
Health Bulletin

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