

# YOUTH HEALTH BULLETIN



**SEPTEMBER 2016**

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC: BROKEN BONES



**H**ave you or someone you know ever broken a bone? When a person breaks a bone, it is very important not to move it. Moving a broken bone can make the injury worse. To help make sure that the bone does not move, most kids will have a splint or a cast put on the injured area. Let's learn more about splints and casts and how they help when a bone is broken.

### What is a splint?

A splint is used just like a cast in that it keeps the injured part of the body from moving. There are different types of splints. Some are just like casts and others are made with a hard plastic piece that

Continued on the back 



# It's important to keep being active because being active helps build strong bones.

➔ Continued from page 1

is wrapped with a strong fabric. Splints are often used when the injury is new because there could be swelling. You should keep your splint on at all times until the doctor removes it or tells you that it is ok to be removed.

## What is a cast?

Think of a cast as being a really big bandage. A cast is made of two parts: a soft cotton part that is against the skin and a very hard outer part that stops the bone from moving. The hard part can be made from either plaster or fiberglass.

Plaster casts are usually white. In fact, it starts as a white powder and is mixed with water to make a thick paste. The paste hardens quickly, so the doctor gets it on pretty fast once it is made.

If fiberglass is used, you might get a choice of color! Fiberglass is a hard plastic that can be shaped to fit the injured area. The fiberglass is also usually a little lighter than the plaster cast.

## While in the cast...

Your body is working hard to heal. Our bodies can do amazing things and repairing broken bones is one of them. Your body will keep working until the bone is as good as new!

## What happens when a cast comes off?

Do you like to laugh? When it is time for a cast to come off, a little tiny saw helps cut through the material. The best part is even if it touches you, it tickles! When the cast is off, the area that was being covered may look a little different. That's okay; it will be back to normal in no time at all.

Even though accidents happen, it is important to keep our bodies safe. Make sure you listen to parents, teachers and coaches especially when they tell you to be careful. It is also important to keep being active because being active helps build strong bones.

### SOURCE:

Nemours KidsHealth <http://kidshealth.org/en/kids/casts.html>



## Can you unscramble these words?

TSCA: \_\_\_\_\_

LTIPSN: \_\_\_\_\_

NEBOS: \_\_\_\_\_

ANSWERS: CAST, SPLINT, BONES

YOUTH  
**HEALTH BULLETIN**

Written by: Nicole Peritore  
Edited by: Connee Wheeler  
Designed by: Rusty Manseau  
Stock images: 123RF.com

