

## Children's Hand, Wrist and Elbow Conditions

At Action Rehab we specialise in treating a wide variety of common paediatric conditions such as distal radius fractures (broken wrists), finger fractures, elbow and finger dislocations.

Hand injuries in children are common and often traumatic in nature. Common causes of injuries can be sports, falling off jungle gym equipment skateboards and bicycles, just to name a few.

Given that children are still developing, fractures of the upper limb need to be assessed and treated in a timely manner to ensure that the growth plates have not been affected and that no long term or permanent damage is done.



 **(02) 9743 4672**

**Your Injury, Your Outcome, Our Passion.**

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**(02) 9743 4672**

**Providing Hand & Upper Limb Therapy in Sydney.**

### Contact Us

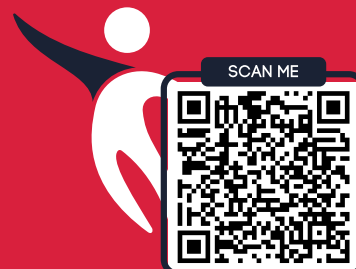
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 **Located in NSW**

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**ACTION REHAB**  
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## Children's Injuries



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# Common Conditions

## Distal Radial Fractures

Also referred to as a broken wrist or forearm, this injury is often associated with shortening of the radius.

Treatment includes immobilising of the wrist for approximately 6 weeks.

Action Rehab can fabricate a thermoplastic fracture brace for this purpose. The benefit of this is that the brace is able to get wet, which makes day to day activities much easier than a conventional plaster or fibreglass cast. Post removal of the splint Action Rehab will help the patient to achieve full range of motion and strength.



## Finger Dislocation

Occurs when the joint is hyperextended causing the ligaments to tear. It can occur along with an avulsion fracture. At Action Rehab this injury is treated with a dorsal blocking splint and gentle range of movement within the splint with grading of exercises and strengthening.

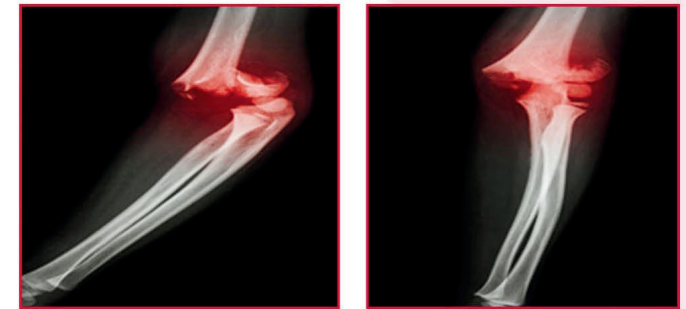


## Finger Fractures

These can be treated conservatively using an appropriate brace from Action Rehab. Often this decision depends on the location and type of fracture. If treated conservatively a splint can be fabricated to immobilise the fracture and provide a lightweight, waterproof support.

## Elbow Dislocation

A dislocated elbow occurs when the bones that make up the joint are forced out of alignment - typically when you land on an outstretched hand during a fall. The elbow is most commonly dislocated joint in children.



Children under the age of five may experience a dislocated elbow, sometimes known as a pulled elbow if they are swung or lifted by their forearms.

## Goals of Hand Therapy

- Waterproof Fracture Bracing to protect healing tissue (bone/ligament etc.)
- Correct mild deformities
- Return to normal hand function

