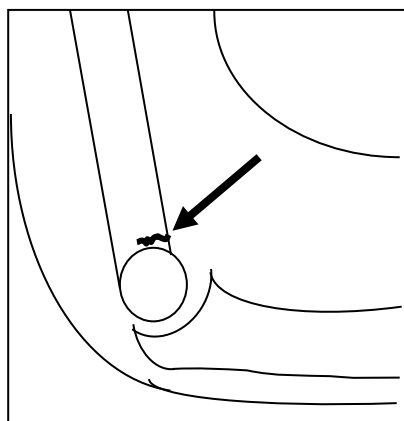




Type I supracondylar fracture of humerus

Advice for caring for your child with a simple upper arm fracture.

Your child has sustained a type I (simple, undisplaced) fracture (break) of the supracondylar part of the distal humerus (upper arm bone).



This fracture will heal well in 3 weeks. Your child should wear a sling for comfort for 2 to 3 weeks from the date of their injury. They may also need simple painkillers such as paracetamol (Calpol) or ibuprofen as needed (follow the dosage instructions).

When it is time to remove the sling:

- Do make sure that your child is calm and that you are not rushed or distracted.
- Allow your child to gently and slowly move the arm.
- Once the sling comes off, the arm should be pain-free, although it may be slightly stiff from being in a sling and your child may be a little unsure to start with.
- If the arm is still painful after three weeks, then replace the sling and contact us at the Orthopaedic Clinic between 12.00pm – 5.00pm, Monday – Friday on [0118 322 6567](tel:01183226567) or [07554 330 369](tel:07554330369). If you feel more urgent attention is needed, then contact your GP or take your child to the Emergency Department (A&E).
- Sporting activities, physical education (PE) and rough play should be avoided for another 3 weeks (total of 6 weeks from injury).

If you have any further questions or concerns regarding this condition, please contact the Orthopaedic Clinic on [0118 322 6567](tel:01183226567) or [07554 330 369](tel:07554330369), open Monday to Friday 12.00pm – 5.00pm (except bank holidays).

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Paediatric Orthopaedic Outpatients, January 2024. Next review due: January 2026

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