



# Greenstick Fracture Distal Tibia

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## You will be followed up by the consultant.

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

## You have sustained a Greenstick Fracture to your Distal Tibia (lower shin bone near your ankle).

This is a specific type of fracture that occurs in children's bones.

- Healing:** This normally takes approximately 3-4 weeks to heal. It is normal for it to continue to ache a bit for a few weeks after this.
- Pain & swelling:** Take pain killers as needed. The plaster backslab (or full cast may be fitted if more comfortable) helps healing by keeping the bones in a good position. Elevate the leg if possible to reduce swelling for the first few days.
- Using your leg:** You may use the leg as pain allows but try to avoid weight bearing if possible. It is important to keep the knee moving to prevent stiffness.
- Follow up:** We recommend a review out of cast approx. 3 weeks after the injury, for further assessment.



If you are worried that you or your **child** are unable to follow this rehabilitation plan,

**Or**, if your **child** is experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

**Or** if you have any questions, then please phone the Fracture Care Team for advice.