Spoke-wheel injury (child)

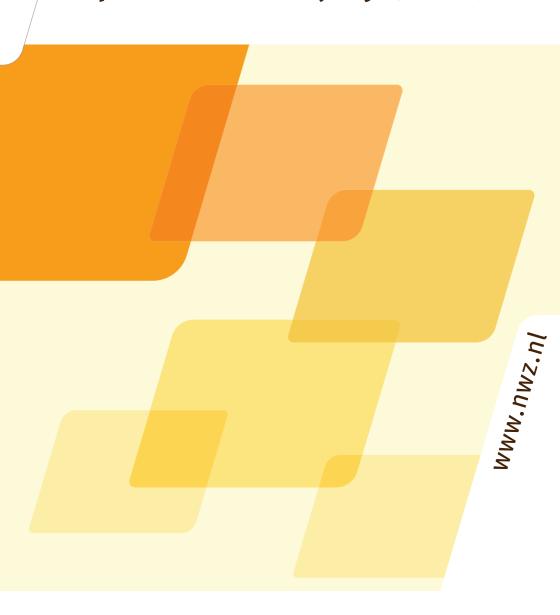




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This kind of injury occurs when lower limbs get stuck in between spokes, frequently those of a bicycle. We did not see a fracture on the X-ray and there is no deep wound. A spoke-wheel injury is treated with a pressure bandage.

Summary

- your child has a spoke-wheel injury of the foot
- we did not see a fracture on the X-ray and there is no deep wound
- a routine follow-up is not necessary for this type of injury
- after 3 days, you can remove the band-aid and the pressure bandage
- thereafter, clean the wound every day by rinsing it in the shower until it has healed
- you can find instructions on how to reapply the pressure bandage in the Virtual Fracture Care App
- if you have any questions, or are experiencing problems with your recovery, you can call the fracture hotline 'breuklijn',

+31 72 - 548 2465

Treatment

A spoke-wheel injury is common in the Netherlands. Your child will be treated with a band-aid and a pressure bandage.

day o - 3	keep the band-aid on the woundif the pressure bandage is loose,	
	replace it with a tubigrip	
	• move your child's foot, when your	
	child'st pain allows this	
after 3 days	• take care of your child's wound,	
	follow the instructions listed	
	underneath	
	remove the pressure bandage	
	and move your child's foot if your	
	child's pain allows this	

Instructions

Follow these instructions for a good recovery:

- after 3 days, you can remove the band-aid and the pressure bandage
- · your child can walk as soon as your child's pain allows it
- when the pressure bandage is loose, you can replace this with a tubigrip. A
 tubigrip looks like a sock. Most likely, you will get one during your visit at
 the emergency department. You can also buy one at the pharmacy. Your child
 should not wear the tubigrip at night
- at night, you can place a pillow underneath the foot to elevate it and thereby reduce swelling
- is your child in pain? Use a mild pain killer such as paracetamol (acetaminophen). Do not wait with the use of paracetamol until your child's pain is too much

Instructions for the wound after 3 days

Clean the wound every day, preferably in the shower. Continue cleaning the wound until it is closed. Put a new band-aid on the wound if necessary. Is the wound red and does the redness increase? Contact the fracture hotline 'breuklijn': +31 72 - 548 2465.

Recovery

This type of injury almost always heals well with time and use – no specific treatment is required and routine follow-up is not necessary.

Does the pain persist, or does the wound not heal? Contact the fracture hotline 'breuklijn': +31 72 - 548 2465. We will make an appointment if necessary.

■ Reapply the pressure bandage

In the video in the Virtual Fracture Care App you can find instructions on how to reapply the pressure bandage. You can buy new materials at a pharmacy or reuse the materials from the emergency department.

Exercises

It is important that your child moves the foot and ankle as soon as the pain allows this. Specific exercises are not necessary.

Questions?

You can call us

If there are any questions after reading the information, please contact us or visit www.nwz.nl

Contact Monday to Friday between 8.30-10.00 h and 13.30-15.00 h

breuklijn: +31 72 548 2465

The Virtual Fracture Care app

Open the camera on your phone and aim it at the QR-code below. You will be automatically referred to the app.





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Noordwest Ziekenhuisgroep

Postbus 501

1800 AM Alkmaar

www.nwz.nl

tel 072 - 548 4444

Colofon

Redactie chirurgie

communicatie

Druk Ricoh Bestelnummer 313117

Op alle onderzoeken en behandelingen van Noordwest Ziekenhuisgroep zijn de algemene voorwaarden van Noordwest Ziekenhuisgroep van toepassing, zie www.nwz.nl

