

## Paediatric fractures and injuries

Fractures and injuries in children are distinct from those in adults due to their developing bones and growth plates. Children's bones are more flexible and have areas of soft, growing tissue called growth plates, which are prone to unique injuries. Additionally, their bones are surrounded by thicker layers of soft tissue, making diagnosis and treatment more complex. Unlike adults, children's bones have the remarkable ability to remodel and heal quickly, but improper treatment can lead to long-term consequences, such as growth disturbances or deformities.

Therefore, a child with bone injuries requires specialist pediatric orthopedic care to address their specific needs. A pediatric orthopedic surgeon like Dr. Shraavan, has the expertise to navigate the intricacies of growing bones, ensuring proper diagnosis, treatment, and ongoing care to promote optimal healing, prevent complications, and safeguard future growth and development.

### Treatment Modalities for Pediatric Fractures

As a parent, it can be worrying to see your child in pain due to a fracture. Fortunately, most pediatric fractures can be treated with specific and mostly NON-OPERATIVE modalities to ensure optimal healing and minimize long-term effects. The treatment approach may vary depending on the type and severity of the fracture, your child's age, and overall health.

#### 1. Casting

Casting is a common treatment for pediatric fractures, especially for smaller bones. A cast helps to:

- Immobilize the affected area
- Reduce pain
- Promote healing

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## 2. Bracing

Bracing is used for more stable fractures or after a cast is removed. It provides support and protection while allowing for some mobility.

## 3. Closed Reduction and Casting

This involves gentle pulling on the affected limb to align and stabilize the bone. This is often used for more severe fractures.

## 4. Surgery

Surgery may be necessary for more complex fractures or those that cannot be treated with casting or bracing. Pediatric orthopedic surgeons like Dr. Shraavan use minimally invasive techniques whenever possible.

## 5. Physical Therapy

Physical therapy plays a crucial role in the recovery process, helping your child regain strength, mobility, and range of motion.

## Remember

Each child's treatment plan is unique and may combine multiple modalities. Pediatric orthopedicians like Dr. Shraavan, will work closely with you to ensure your child receives the best possible care and support throughout their recovery journey

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