

Spoke-wheel injury (children)

This leaflet provides you with information about a spoke-wheel injury (children). You should know that your personal situation may differ from the one described here.

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 app: Virtual Fracture Care, Adrz.

If you have any questions, or are experiencing problems with your recovery, you can call the Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202).

Treatment

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

0-3 days

- Keep the band-aid on the wound.
- If the pressure bandage is loose, replace it with a tubigrip.
- Move your child's foot, when your child's 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

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band-aid on the wound if necessary.

- Is the wound red and does the redness increase? Contact the "{{{Naam_Breuklijn}}}" (fracture hotline).

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? Please contact the Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202). We will make an appointment if necessary.

Reapply the pressure bandage

In the video below 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.

https://www.youtube.com/watch?v=bG-nGFrio_Q

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?

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

Contact

Please call us: Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202). Monday – Friday: 8.30 am – 10.30 am.