

What are Broken Bones & Fractures?

DANIEL

You are sooooo lucky! You're like the luckiest duck that's ever quacked. You, lucky duck, you!!

LORRIN

Ummmm, Daniel, some people may not think having a broken bone makes you all that lucky.

DANIEL

Are you kidding me!?! Broken bones mean casts, and casts are the greatest things ever! You can write on them, draw on them, whack people with them...

LORRIN

No whacking! You need to be gentle with your broken bone so that it can get better and heal properly.

DANIEL

So, no using my cast as a baseball bat?

LORRIN

Absolutely not! Because we're kids, our bones are still growing. It's important that they heal properly so we can continue to grow like we're supposed to, especially if the break is near the end of a bone, near the "growth plate." (That's where the bones do their growing.) Following up with our doctor is REALLY important to make sure everything goes okay.

LORRIN

Sometimes bones bend without breaking into pieces, like with a greenstick fracture where the bone bends like a green twig and then breaks only on one side.

LORRIN

A Torus or Buckle fracture is when the bone gets buckled, twisted and weak, but doesn't completely break.

DANIEL

OW!

LORRIN

If a bone does break all the way, then it's called a complete fracture.

What are Broken Bones & Fractures?

LORRIN

Non-displaced fractures are when the broken ends of the bones are lined up correctly, and displaced fractures are when the broken ends of the bones are separated and not next to each other.

DANIEL

Ewww, don't like the sounds of that!

LORRIN

Then, you're really not going to like the sounds of a compound fracture. That's when the bone sticks through the skin.

DANIEL

I'm not sure I can look!

LORRIN

Most fractures, though, are closed where the bone does not come through the skin.

DANIEL

But, you still get a cast, right?

LORRIN

Right! There are also comminuted fractures, where the bone is broken in more than one place and crush fractures where the bone gets crushed.

DANIEL

UGH!

LORRIN

I know, right? But, it's important to know because kids' bones are always growing and any kind of fracture could cause them to grow funny or even stop growing, so you gotta take good care of them.

DANIEL

So, how do you know you might have a fracture?

LORRIN

The signs that you might have a broken bone and need a cast are swelling, pain, and difficulty moving the area of your body where the break is. Sometimes, it hurts so bad it'll make you sick to your stomach, but sometimes it

What are Broken Bones & Fractures?

barely hurts at all.

DANIEL

How do you know if your broken bone is healing properly?

LORRIN

If it starts to hurt more or becomes numb, you should go to your doctor right away. ("Numb" is when you lose the feeling, sometimes it feels kind of prickly.) If you have swelling where it gets all puffy, or if your fingers or toes turn blue, then go back to your doctor immediately!

DANIEL

Go! GO like the wind!

LORRIN

Until then, be gentle with your broken bone...

DANIEL

...and show all your friends your cast!

LORRIN/DANIEL

Feel better!