

Spoke-wheel injury (child)

www.nwz.nl



Noordwest
Ziekenhuisgroep

Table of contents

Treatment	4
Instructions	4
Recovery	5
Reapply the pressure bandage	5
Exercises	5
Questions?	5

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 0 - 3	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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.



■ Notes

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