

Upper Ext Fractures

Shoulder/Upper Arm	Immobilization	Follow up
Clavicle	Sling	10-14 days lift arm w/o pain by 2 wks
Shoulder dislocation	Sling & Swathe	7 days
Humerus - Proximal <50% translation & <30° angulation	Sling & Swathe	7 days
Humerus - Shaft	Sugar tong with Sling & Swathe	7 days

Elbow	Immobilization	Follow up
Lateral condyle	Long Arm Posterior Elbow at 90°	IMMEDIATE CONSULT for any condyle displacement > 2mm
Medial condyle		
Supracondylar 1 & non-angulated 2		
Supracondylar 2 & 3	Long Arm Posterior Position of comfort	IMMEDIATE CONSULT
Olecranon	Long Arm Posterior Elbow at 110°	IMMEDIATE CONSULT if complete fracture 7 days if not
Radial head/neck	Long Arm Posterior Elbow at 90°	IMMEDIATE CONSULT if displaced/angulated 7 days if not

Forearm	Immobilization	Follow up
Radius & Ulna <6 y.o. = < 15° distal & <10° shaft > 6 y.o. = <10°	Long Arm Posterior or Reverse Sugartong	IMMEDIATE CONSULT for over angulation
Distal Buckle	Volar or wrist guard	10-14 days

Hand	Immobilization	Follow up
Scaphoid 1st metacarpal Thumb	Thumb Spica	3-5 days IMMEDIATE CONSULT for any angulation
2nd metacarpal	Radial Gutter	7 days
3rd metacarpal	Volar	7 days
4th metacarpal 5th metacarpal	Ulnar Gutter	7 days
Fingers	Splint or Buddy tape	7 days

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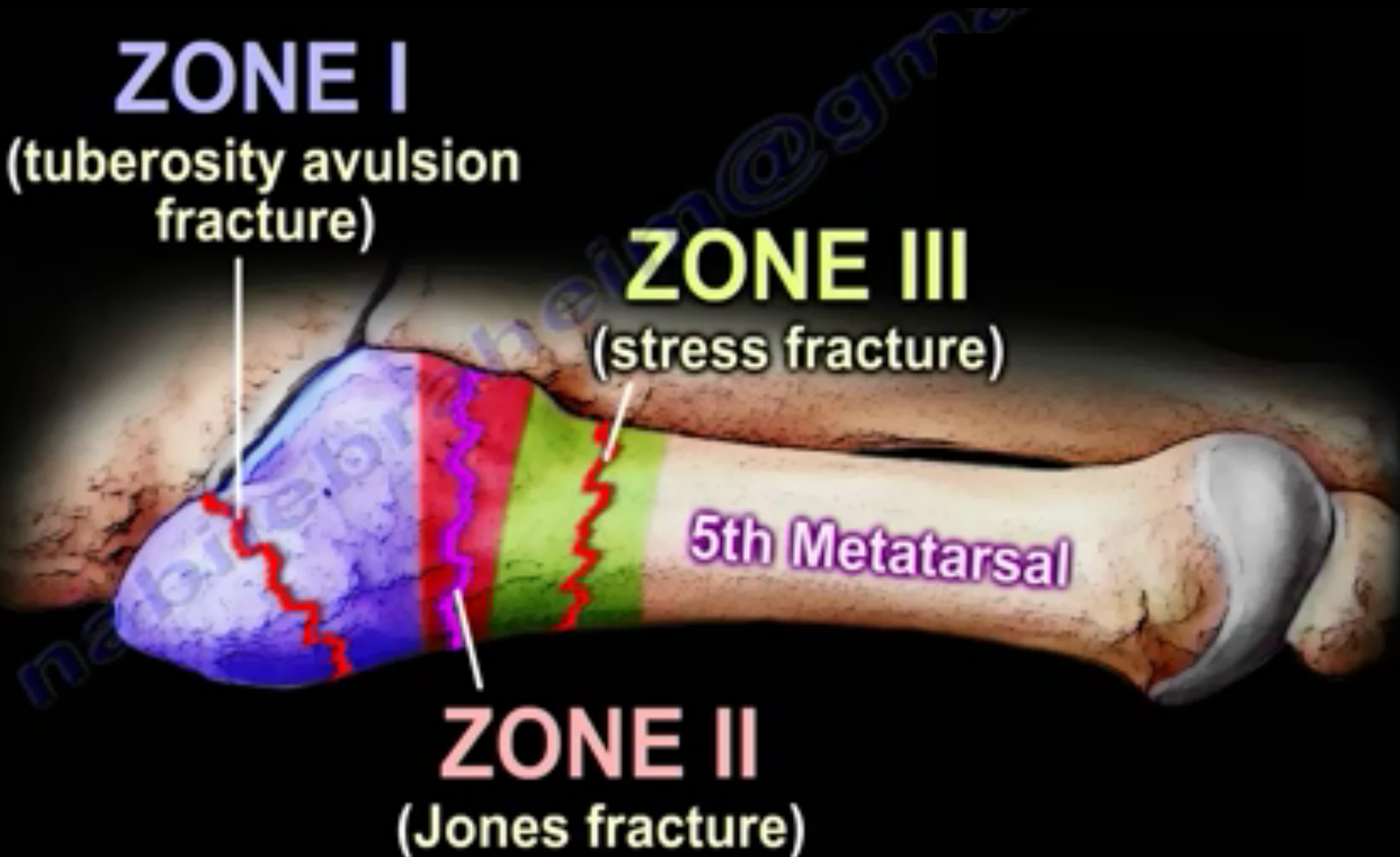
Lower Ext Fractures

Femur	Immobilization	Follow up
Shaft	Position of comfort	IMMEDIATE CONSULT
Distal Buckle	Long Leg Cast	7 days

Knee	Immobilization	Follow up
Patella Dislocation	Knee Immobilizer	7 days
X-ray negative	Ace wrap w/crutches	7 days
Tibial Spine/Plateau	Knee Immobilizer	IMMEDIATE CONSULT
Proximal Fibula	Knee Immobilizer with no crutches	IMMEDIATE CONSULT

Ankle	Immobilization	Follow up
Triplanar	Long Leg Posterior	IMMEDIATE CONSULT
Tillaux <2 mm displacement	Long Leg Posterior	7 days
Tillaux >2 mm displacement	Long Leg Posterior	IMMEDIATE CONSULT
Distal fibula S-H 1	Air cast or Short Leg Posterior	7 days

Foot	Immobilization	Follow up
Tarsal	Short Leg Posterior	7 days
Metatarsal	Short Leg Posterior	7 days
Jones	Short Leg Posterior	7 days
4th metacarpal Toe	Hard soled shoe with Buddy taping	10-14 days



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