

# Breaking Arm Bones a Second Time



Children who have broken arm bones are at higher risk for breaking the same arm bones again if they do not go through the right treatment, for the right amount of time.

## How likely is it that my child's arm bones will break again?

Based on the most recent research, there is up to a 5% chance (1 out of every 20 cases) of breaking forearm bones a second time, in the same place. There is a higher risk to break these bones again if the first fracture is in the middle of the forearm bones (as seen in the pictures below). There is a lower risk if the fracture is closer to the hand. Most repeat fractures tend to happen within six months after the first injury heals.



Initial fracture



Same fracture after  
healing for about  
6 weeks

### To Learn More

- Orthopedics and Sports Medicine  
206-987-2109
- Ask your child's healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

### Why is it important to follow these steps?

Wearing a cast for at least six weeks reduces the risk of breaking the same arm bones again. After wearing a cast, we recommend your child wear a brace for 4 weeks in order to protect the injured area and start improving wrist movement. While your child wears a brace, we recommend they do not participate in contact sports (e.g., soccer, football or dodge ball). This brace can be removed for bathing and meal times.

### When should I call the doctor?

Call the Orthopedics Clinic if your child:

- Has stopped using the arm that was previously broken
- Complains of pain in the middle of the forearm
- Has new swelling or bruising in the forearm