



Spoke-wheel injury (children)

— Virtual Fracture Care

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.
- If you have any questions, or are experiencing problems with your recovery, you can call the “Breuklijn” (fracture hotline) on work days between 08:00 – 10:00 and 13:00 – 15:00.

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 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). 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.

Video: [Aanleggen drukverband enkel spaakverwonding - YouTube](#)

Exercises

It is important that your child moves the foot and ankle as soon as the pain allows you to do 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.spaarnegasthuis.nl

Contact

Breuklijn: (023) 224 0025

Please call us on work days between 08:00 – 10:00 and 13:00 – 15:00.

Directly to the information in the Virtual Fracture Care app?

The QR code below will take you directly to the information from this folder.



Waar zijn we te vinden?

Haarlem Zuid

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