Triage and Treatment Protocol for Suspected Simple Fractures

Types of Simple Fractures & Treatment
(Note: All types require follow up within 2-3 days)

Shoulder
Simple midshaft clavicle fx (exclude: comminuted, Z-pattern, or shortened > 2cm)
Treatment: Sling, NWB, ROM as tolerated

Nondisplaced greater tuberosity fx
Treatment: Sling, NWB, no shoulder motion

Elbow
Nondisplaced radial head fx
Treatment: Sling, NWB, ROM as tolerated

Nondisplaced radial neck fx
Treatment: Sling, NWB, ROM as tolerated

Occult radial head fx
Treatment: Sling, NWB, ROM as tolerated

Hand/Wrist
Isolated ulna styloid fx
Treatment: Wrist gauntlet, NWB, ROM as tolerated, encourage finger ROM

Isolated triquetral fx
Treatment: Wrist gauntlet, NWB, ROM as tolerated, encourage finger ROM

Occult scaphoid fx
Treatment: Short arm thumb spica, NWB, encourage finger ROM
(ask Dr. Mercer if this is best treatment)

Nondisplaced metacarpal fx (exclude: multiple metacarpal fxs even if nondisplaced)
Treatment: Hand safety splint, NWB

Nondisplaced phalanx fx (exclude: any nailed or subungual hematoma involvement)
Treatment: Buddy tape or alumafoam splint, NWB, encourage ROM of other fingers

Knee
Nondisplaced proximal fibula fx (no associated ankle fx or dislocation; must have ankle x-rays)
Treatment: unlocked Bledsoe brace (UC will need to order), WBAT and ROM as tolerated
**Foot/Ankle**

Nondisplaced lateral malleolus fx (Exclude: medial ankle tenderness on exam, ankle mortise widening)
Treatment: Short leg bulky Jones splint, non-weight bearing, crutches

Lateral process of talus fx
Treatment: Short leg bulky Jones splint, WBAT, crutches PRN

Avulsion fx tarsal bones
Treatment: Hard-soled shoe or 3D boot, WBAT, crutches PRN

Nondisplaced metatarsal fx (Exclude: 5th metatarsal base fx)
Treatment: Hard-soled shoe, WBAT, crutches PRN

Nondisplaced phalanx fx
Treatment: Hard-soled shoe, WBAT, crutches PRN