

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 alumaf foam 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 fxs tarsal bones

Treatment: Hard-soled shoe or 3D boot, WBAT, crutches PRN

Nondisplaced metatarsal fxs (Exclude: 5th metatarsal base fxs)

Treatment: Hard-soled shoe, WBAT, crutches PRN

Nondisplaced phalanx fxs

Treatment: Hard-soled shoe, WBAT, crutches PRN