

School and Fractures

Life with a cast on can certainly be challenging. There are number of issues surrounding school which often arise.

1. *When can my child return to school?* With hand and upper extremity fractures a child may usually return to school when the pain of the injury is tolerable. For most children, this is usually possible at 1 to 2 days after the injury. A child may require Tylenol or Motrin medication for some discomfort. If your child has extreme pain with the arm hanging down by his or her side or while walking then it may be too soon to return to school.
2. *Can my child write with his hand or wrist in a cast?* This is usually not a problem for the majority of fractures. A child may need some additional time for writing assignments, and an doctor's note can be written to this effect.
3. *My doctor told my child he should not use the injured hand at all?* In the rare instance that your hand surgeon tells you that your child is unable to write with his injured hand, a note can be written to ask the school to make allowances for this circumstance. Sometimes notes, assist devices, or an aide can be temporarily provided.
4. *Can my child participate in gym or sports?* Please see the link regarding sports and fractures. This discussion will help you understand the factors involved in making this determination. Ask your doctor about participation in any activities with which your child is involved. A note for restrictions regarding gym and sports can be provided if necessary.