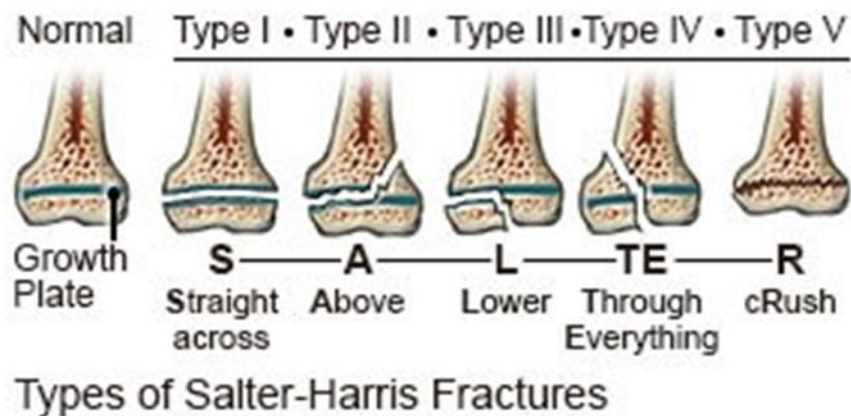




Salter-Harris Fracture

What is Salter-Harris Fracture?

The growth plate (physis) is the area of growing cartilage at the end of long bones in children. The *growth plate is the weakest area of the bone*. When the growth plate is broken (fractured) it can be classified from one to five. This is known as the Salter-Harris fracture classification.



What causes it?

These fractures usually occur from an injury or trauma. Sports activities in children and adolescents can also lead to the fractures. Type I to IV occur when a strong force strikes the growth plate and leading to the fracture. Type V occurs when the growth plate is crushed or compressed, and is more common in knee and ankle joints

What's the treatment?

Initial treatment involves controlling the swelling and pain. Over the counter NSAIDs (Ibuprofen, Advil) or Tylenol can help control pain. Further treatment depends on the type of fracture.

- Type I - III – often treated with a cast or splint
- Type IV – may require surgery
- Type V – treatment depends on the severity of the injury. Recovery times vary and depends on the location and how severe the fracture is, but usually fractures heal within 4 to 6 weeks.