

# Rules:

1. Teams of 2-3 work best, but it can also be played individually.
2. Correctly match each patient **History**, **Exam Findings** and **X-ray** card with a **Diagnosis** and **Management Plan** to make a complete set – the most sets WINS!
3. Allow 60–90 minutes per game.



# Answer Key:

PATIENT	HISTORY	EXAM FINDINGS	X-RAY	DIAGNOSIS	MANAGEMENT
1	K	D	E	L	Z
2	S	J	A	G	X
3	R	O	J	A	E
4	B	W	P	T	A
5	M	F	X	S	B
6	T	B	G	J	F
7	U	A	H	F	D
8	V	M	F	U	I
9	E	Z	D	I	G
10	O	N	V	E	C
11	W	P	N	B	H
12	Z	L	S	M	W
13	N	H	K	R	U
14	H	G	Y	P	K

K

2-year-old female has  
attended following a fall.

Just starting to walk, slipped  
on a book, twisting her leg  
falling awkwardly.

**PMHx** Viral wheeze.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



No obvious deformity,  
swelling or bruising.

Tenderness over the distal  
Tibia on axial loading.

Refusing to walk – lifts up leg.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





# Toddler fracture

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



**Soft wrap: Fracture**

**Clinic referral.**

**Community form:**

**fracture 2-5 years.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



10 y/o ran out into the road after his friend – hit by car at low speed.

Pain to right upper leg, unable to get up and walk.

999 called and child brought to ED.

**PMHx** Constipation.

**Meds** Movicol.

No Allergies.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



Pain ++ to upper leg.

Held in flexion at knee.

Unable to move.

Visible swelling ++ to thigh.

Skin intact.

Moving toes, pedal pulse,  
no NVD, warm.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Femur fracture

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



**Analgesia,  
femoral block,  
Thomas splint.  
  
Orthopaedic  
referral: admission.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



6-year-old male with ongoing hip pain for the past 2 months.

Fell today which has made pain worse.

**PMHx** Epilepsy.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





Walking with limp.

Knee pain – muscular.

Left hip pain – aches.

Pain + internal or external  
hip rotation.

Well in self. No fever.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards

A

# Perthes disease

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards

**Orthopaedic  
referral.**

**May or may not  
require surgery.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



**B**

2-year-old male with limp.

No trauma. Well in self.

Cough /coryzal symptoms

2 weeks ago with mild fever at  
the time – now resolved.

Attended with mum.

**PMHx** None.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



No obvious deformity or swelling noted to leg.

No tenderness on palpation hip to toe.

Full range of movement but pain on internal and external hip rotation.

No bruises/redness.

Walks - limp noted.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards

T

# Transient Synovitis

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





**Home with safety  
net advice.**

**ED Review Clinic  
5-7 days.**

**If no better: bloods**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



2 month old male.

Rolled over and fell  
heavily onto right side.

Crying and unsettled.

Not moving leg.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



Stripped and observed.

Visible swelling right lower leg.

Red marks noted lower leg.

Pain on movement – cries.

Multiple bruising noted to both legs.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





# #Tibia with inconsistent mechanism (non-ambulant child)

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



**Above knee back slab.**

**Orthopaedic referral.**

**Admit to Paediatrics for  
safeguarding concerns.**

**A-form.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



15 y/o girl performing at cheerleading competition.

Fell doing the splits, noted pain to knee - 'pop'.

Never happened before.

**PMHx** Type 1 diabetic.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



Obvious deformity to right knee.

Lateral shift of patella.

+++ pain all over.

Unable to move.

On attempt to move, patella  
went back to usual position.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





G



# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Patella dislocation

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards

**1st dislocation: cylinder**



**POP and crutches.**

**Referral to Orthopaedics.**

**Further dislocations:  
cricket splint.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



5-year-old attending ED  
with pain to right knee.

No falls or trauma.

Unable to walk.

**PMHx** NAD

No allergies.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





Fever 39.4°C

Haemodynamically well otherwise.

Red, hot and swollen joint.

Restricted movement to knee  
due to pain.

Looks unwell.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards

F

# Septic Arthritis

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



**Cannula, bloods,  
IV antibiotics,  
analgesia.**

**Referral to Orthopaedics.**

**Admit.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





15 y/o boy running up the stairs, fell on his knee.

Pain ++

Unable to move, 999 called.

**PMHx** NAD / nil meds.

Lives with family.

No allergies.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



Swollen thigh ++

Pain and unable to move/walk.

Requiring ++ analgesia.

Leg held in partial flexion  
with blanket underneath  
to support.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Pathological fracture: Distal Femur

(possible bone malignancy)

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



**Analgesia, cannula  
and bloods.**



**Above knee backslab.**

**Refer to Orthopaedics.**

**Admission.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards

15 y/o fell playing football.



Ongoing hip pain 3 months,  
made worse today.

Unable to walk.

**PMHx** Under dietician for  
weight management.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



No obvious injury to see.

Difficult to mobilise internal or external hip rotation.

Can walk, but painful.

Left leg appears slightly shorter than the right.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards

RIGHT

90  
RED DOT



# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





# Slipped Upper Femoral Epiphysis

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



**Admit to  
Orthopaedics.**

**Requires surgery to  
pin hip joint.**

**Analgesia.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards

12-year-old male.

Sporty ++, active most days.

Plays for a local junior football team.

Pain to right knee area.

No trauma.

**PMHx** Nil.



# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



No injury to see – right lower leg.

No redness, no bruising.

Skin intact.

Pain proximal tibia.

Hard swelling- proximal tibia.

Full range of movement to leg.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





HBL

**Clinical Diagnosis:**  
X-ray not usually  
required

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Osgood- Schlatter disease

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



**Analgesia,  
home, rest.**

**Physiotherapy  
referral.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



15-year-old boy, out  
playing football with friends.

Grass wet. Skidded.

Outstretched leg and fell.

Felt a 'pop' – now in pain.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





Nil injury to see.

Pain on leg internal or external hip rotation.

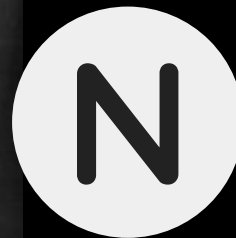
Pain on walking. Easier to lay down.

No redness, no swelling, no bruising.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



L  
GK

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards

**B**

# Avulsion fracture of ASIS

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



**Analgesia, walking  
crutches (partial).**

**Bed rest, no sports.**

**Physiotherapy.**

**Fracture Clinic follow-up.**

**May require Surgery for  
fixation.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





15-year-old boy.

Running during football.

Fell down a ditch, inverting ankle.

Pain on walking – limp.

Shoe feels tight.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



Red and swollen foot –  
along 5th metatarsal.

Warm to touch.

Some bruising noted.

Skin intact.

Moving all toes.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Base 5th Metatarsal fracture

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





**Analgesia, crutches.**

**Cohesive strapping – boot.**

**R.I.C.E.**

**Fracture clinic for  
follow-up.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



15-year-old girl, running  
down the stairs.

Lost balance in high-heeled  
shoes.

Fell 6 steps, inverting ankle.

Usually fit and well. Sporty +

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



Swollen ankle ++

Lateral side/posterior edge.

Bruised +

Skin intact.

Pedal pulse.

Non weight bearing.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





# Tillaux fracture

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



**Analgesia.**

**Below knee plaster.**

**Refer to Orthopaedics,  
?fixation.**

**Crutches.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



13-year-old sporty male.

Pain to left knee area.

No specific trauma, but gradually getting worse over the last few days. No infective symptoms.

**PMHx**

Mild Cerebral Palsy.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



No injury to see on the left lower leg.

No redness, no bruising.

Skin intact.

Pain proximal tibia, maximally below the patella.

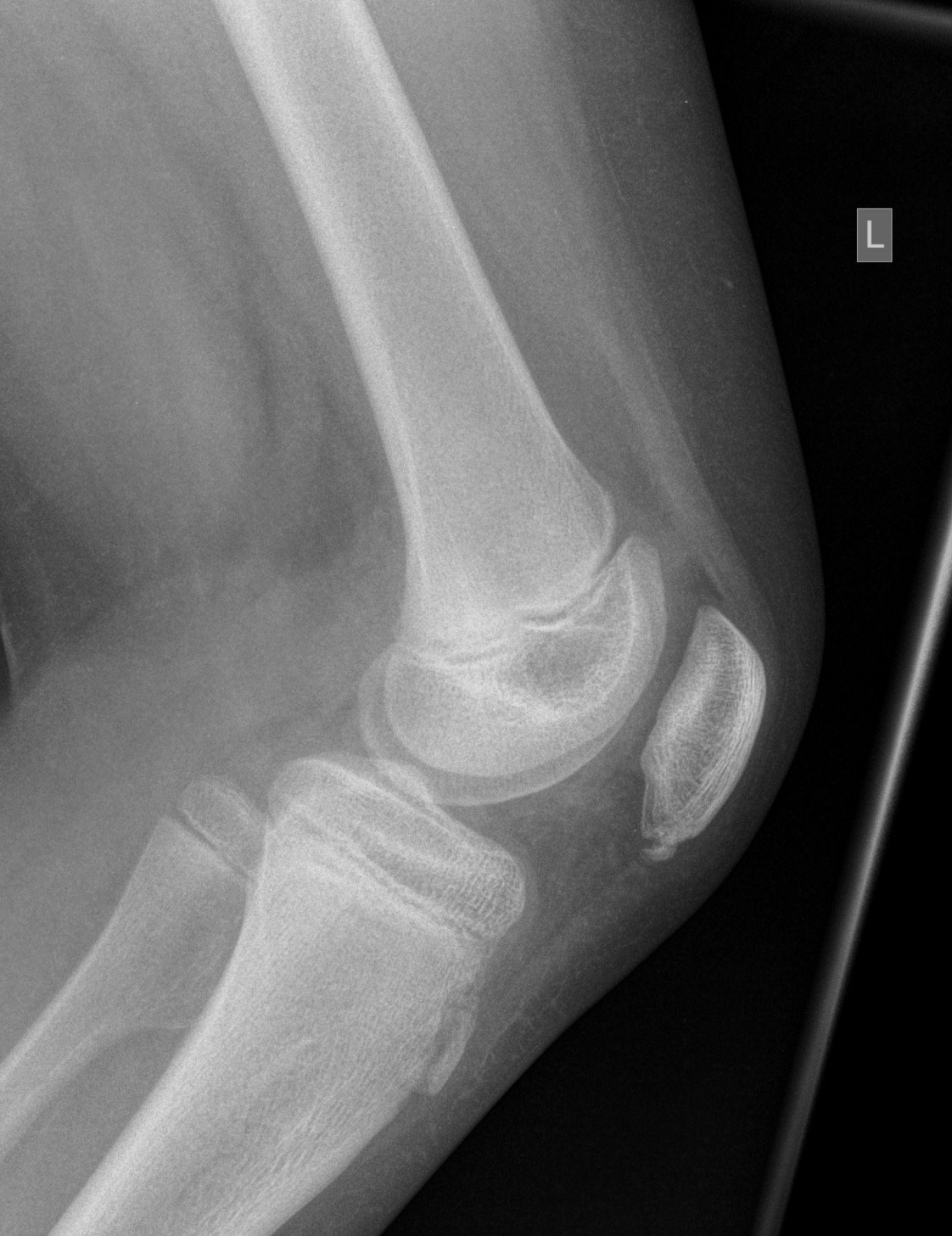
Full range of movement to leg.

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards





# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards



# Sinding- Larsen- Johansson disease

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards

**Analgesia,  
home, rest.**

**Physiotherapy  
referral.**

# Cards Against Paediatric Orthopaedics Lower Limbs



A medical education game by Vickie Wells, Damian Roland & Sarah Edwards