

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	L	Z	K	D	E
2	G	X	S	J	A
3	A	E	R	O	J
4	T	A	B	W	P
5	S	B	M	F	X
6	J	F	T	B	G
7	F	D	U	A	H
8	U	I	V	M	F
9	I	G	E	Z	D
10	E	C	O	N	V
11	B	H	W	P	N
12	M	W	Z	L	S
13	R	U	N	H	K
14	P	K	H	G	Y
15	X	J	A	C	B



2 y/o female presents with a fall out of bed onto her right side.

She is complaining of a painful right arm. Witnessed by Mum.

PMHx NAD

SHx Lives with parents and an older sibling. No social worker.

Cards Against Paediatric Orthopaedics Upper Limbs



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



No obvious deformity.

Tenderness over the distal radius and ulna on palpation.

Good range of movement passively but not wanting to use.

Cards Against Paediatric Orthopaedics Upper Limbs



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



L

*



K

Cards Against Paediatric Orthopaedics Upper Limbs



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



Buckle or Torus fracture

Cards Against Paediatric Orthopaedics Upper Limbs



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



Buckle splint: 3/52

No sports: 6/52

**Fracture clinic, but
no formal follow-up.**

**Community form: fracture
2-5 years.**

Cards Against Paediatric Orthopaedics Upper Limbs



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



3 y/o male went to run out into the road, arm grabbed by parent, dropped to the ground.

Now pain left arm and not using.

PMHx None, usually fit and well.

Cards Against Paediatric Orthopaedics Upper Limbs



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

Arm hanging down by his side.



No swelling or bruising.

No obvious bony deformity.

No obvious pain on palpation.

Cries as soon as elbow flexed.

Cards Against Paediatric Orthopaedics Upper Limbs



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



**X-ray only if
history of trauma
or history
is unclear!**

Cards Against Paediatric Orthopaedics Upper Limbs



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



Pulled Elbow

Cards Against Paediatric Orthopaedics Upper Limbs



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

**Manipulation:
hyperpronation
method, now full
ROM.**

Cards Against Paediatric Orthopaedics Upper Limbs



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



14 y/o boy was giving his friend a piggyback during a night out.

Falls over – FOOSH.

PMHx Asthma.

No Allergies.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Mild Swelling to wrist.

Tenderness over wrist – Distal Radius, in particular.

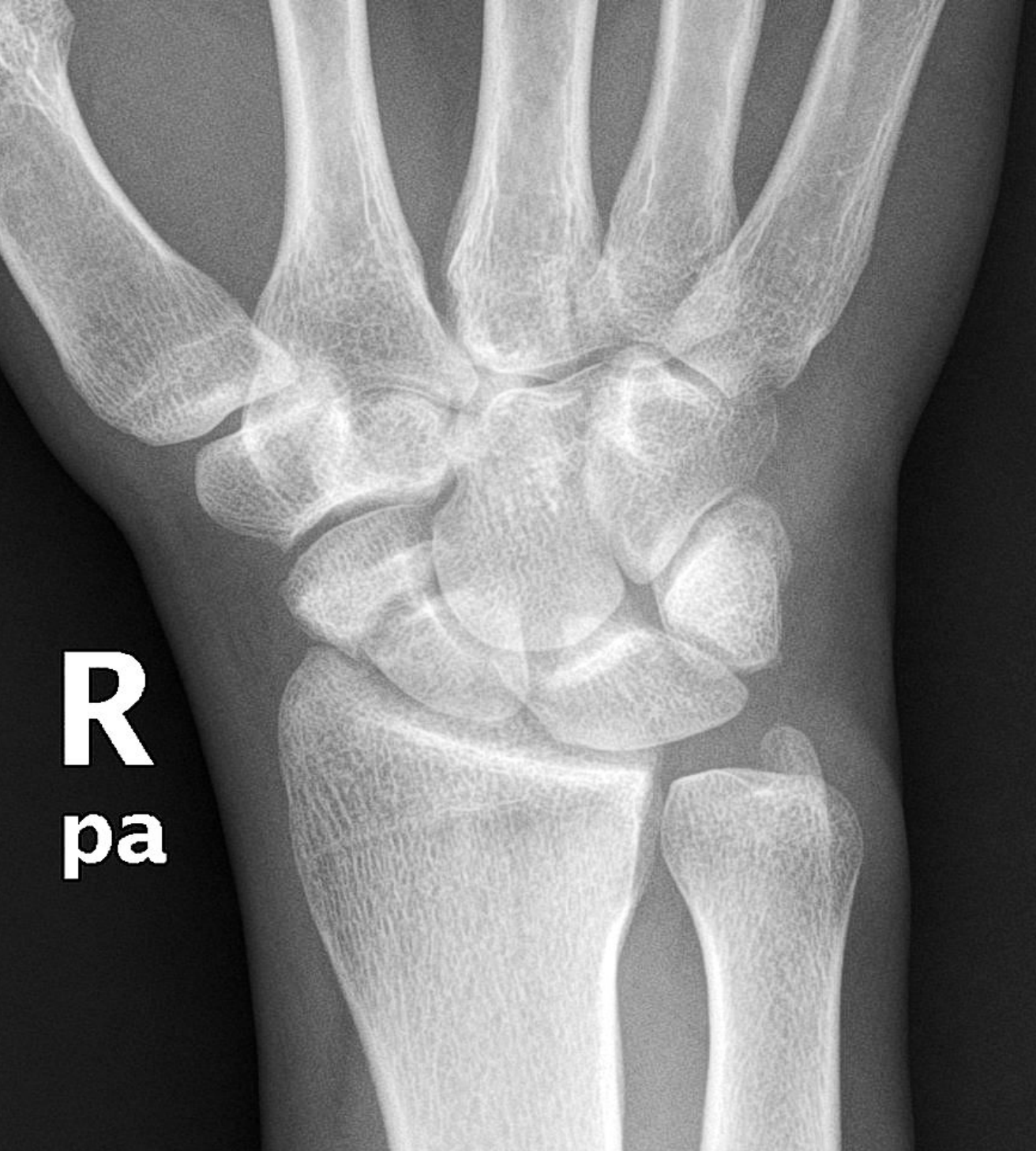
Anatomical snuff box/
telescoping.

Pain on wrist flexion and
extension.

Cards Against Paediatric Orthopaedics Upper Limbs



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



R
pa



R

Cards Against Paediatric Orthopaedics Upper Limbs



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



Scaphoid fracture

Cards Against Paediatric Orthopaedics Upper Limbs



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



**Below elbow
backslab.**

**Fracture Clinic
follow-up.**

Cards Against Paediatric Orthopaedics Upper Limbs



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



6 y/o girl was at the park with friends & family.

Climbing the monkey bars – slipped and fell onto left elbow.

Pain +++, Swollen +++

No other injuries.

PMHx NAD

No Allergies.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Swelling to left elbow.

Obvious deformity.

Unable to move arm due to pain.

No reduced sensation.

Moving all fingers & thumb.

Skin intact.

Cards Against Paediatric Orthopaedics Upper Limbs



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



L



B

L

Cards Against Paediatric Orthopaedics Upper Limbs



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



Displaced Supra- condylar fracture

Cards Against Paediatric Orthopaedics Upper Limbs



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

**Analgesia,
plaster, x-ray,
surgical repair.**

Admission required.

Cards Against Paediatric Orthopaedics Upper Limbs



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

13 y/o boy doing stunts
at the skatepark – FOOSH.



Deformity to arm.

Brought to ED by parent.

PMHx Nil.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Visible deformity to forearm.

Skin intact.

Good colour.

Pain mid radius, ulna and radial head.

Pulse felt.

Reduced ROM due to pain.

Cards Against Paediatric Orthopaedics Upper Limbs



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



LS



L



Cards Against Paediatric Orthopaedics Upper Limbs



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

F

Monteggia fracture:

Dislocation of Radial
Head (# prox 1/3 ulna)

Cards Against Paediatric Orthopaedics Upper Limbs



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



**Above elbow
backslab.**

Analgesia.

Refer to Orthopaedics.

Admission.

Cards Against Paediatric Orthopaedics Upper Limbs



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

12 y/o girl fell off her bike
coming down a hill at speed -
FOOSH.



Deformity - homemade sling
and taken to ED by Dad.

PMHx Nil.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Deformity to forearm –
distal end.

Pink.

NVD – reduced sensation to
thumb and index finger.

Skin intact.

Cool with minimal pulse.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Cards Against Paediatric Orthopaedics Upper Limbs



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



Galeazzi fracture:

Radius fracture with
dislocation of Distal
Radioulnar Joint (pulseless)

Cards Against Paediatric Orthopaedics Upper Limbs



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



**Cannula, plaster, x-ray,
oxygen.**

HDU for Ketamine sedation.

**Refer to Orthopaedics for
immediate manipulation.**

Ongoing orthopaedic review.

Cards Against Paediatric Orthopaedics Upper Limbs



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



2 y/o boy standing in high chair.

Leant forward, fell out onto hard floor.

Fell onto shoulder. Now not using, pain on moving.

PMHx Nil.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Quiet.

Pain, cries when mum picks him up under his armpits.

Visible bump mid clavicle.

Visible bruising.

No tenting of the skin.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Cards Against Paediatric Orthopaedics Upper Limbs



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

A

Clavicle fracture

Cards Against Paediatric Orthopaedics Upper Limbs



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



Broad arm sling.

Clavicle pathway: no formal follow-up in under 13's.

Details sent to Fracture Clinic.

Community form: fracture 2-5 years.

Cards Against Paediatric Orthopaedics Upper Limbs



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



12 y/o male playing
basketball.

Went to catch the ball and
bent finger back.

Now swollen and painful.

PMHx Nil.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Swollen mid phalanx.

Bruised palmar aspect.

Skin intact.

No rotation or usual cascade.

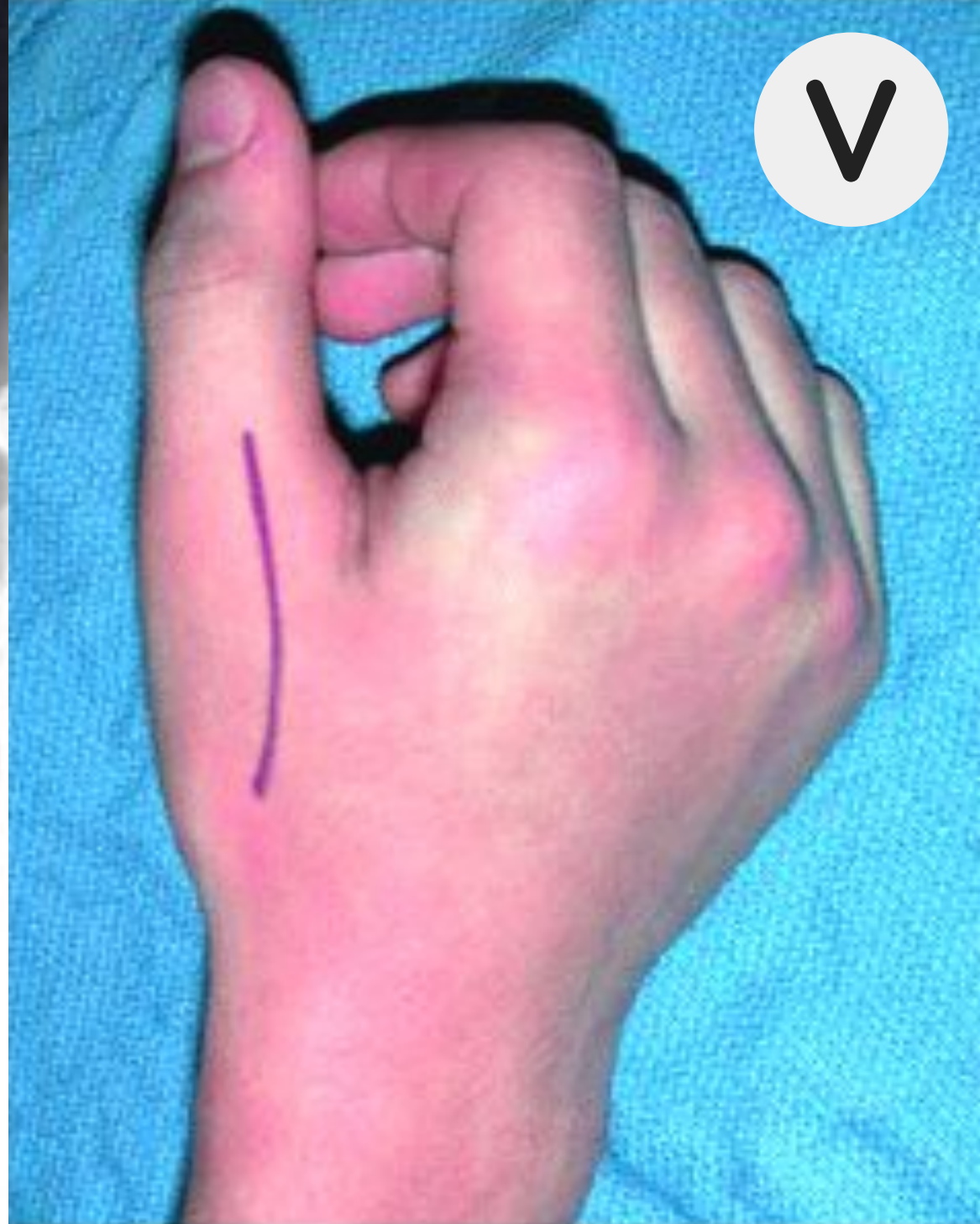
Reduced flexion due to swelling.

No mallet.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Cards Against Paediatric Orthopaedics Upper Limbs



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



Gamekeeper's Thumb or Salter Harris III

Cards Against Paediatric Orthopaedics Upper Limbs



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



Thumb spica/splint.

**Fracture Clinic
referral.**

No sports.

Analgesia as needed.

Cards Against Paediatric Orthopaedics Upper Limbs



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

6 y/o female, fell off her
bike, skidded across grass –
FOOSH.

Pain and swelling, crying ++

Usually fit and well.

No allergies.



Cards Against Paediatric Orthopaedics Upper Limbs



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



Swelling and deformity
to mid-distal forearm.

Warm and pink.

Skin intact.

Doesn't want to move.

Crying ++

Cards Against Paediatric Orthopaedics Upper Limbs



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



Cards Against Paediatric Orthopaedics Upper Limbs



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

Z

Greenstick fracture

Cards Against Paediatric Orthopaedics Upper Limbs



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



Backslab.

**If displaced, repeat x-ray
post-plaster.**

Refer to Fracture Clinic.

Analgesia, no sports.

Cards Against Paediatric Orthopaedics Upper Limbs



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

13-year-old on way to school.

E

Fell off bike, went over handlebars. Helmet on!

Hit elbow on curb whilst falling.

No other injuries.

Usually fit and well.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Shaken, pale and in pain.

Reduced ROM to elbow +

Can pronate.

Normal wrist flexion and
extension. Reduced power.

Pulse present.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Cards Against Paediatric Orthopaedics Upper Limbs



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



Lateral Condyle #Elbow

Cards Against Paediatric Orthopaedics Upper Limbs



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



Analgesia.

**Broad arm sling, collar
and cuff.**

**Plaster if pain not
managed and displaced.**

Fracture Clinic referral.

Cards Against Paediatric Orthopaedics Upper Limbs



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

B

6 y/o girl, fell off balance beam during PE at school. Approx 1 ft.

Landed on floor, hitting elbow on beam on the way down.

Pain ++

Parent called to pick up as very upset.

Analgesia given pre ED, usually well, no allergies.

Cards Against Paediatric Orthopaedics Upper Limbs



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



No injury to see.

Will not fully flex or extend elbow.

No swelling, no bruising.

No NVD.

Pink and warm.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Cards Against Paediatric Orthopaedics Upper Limbs



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

Posterior fat pad (+ve)

Cards Against Paediatric Orthopaedics Upper Limbs



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



May not see the fracture.

Analgesia, no sports.

BAS.

Fracture Clinic for follow-up.

Cards Against Paediatric Orthopaedics Upper Limbs



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



15-year-old doing gymnastics.

Handstand/backflip.

Landed awkwardly.

FOOSH and arm gave way,
landing on the floor.

Unable to continue.

Attended ED.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Swollen elbow – medial side.

Skin intact. Pink.

Pulse.

No NVD.

Reduced ROM at elbow – possible, but slowly due to pain.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Cards Against Paediatric Orthopaedics Upper Limbs



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



Medial Condyle #Elbow

Cards Against Paediatric Orthopaedics Upper Limbs



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



Analgesia.

**Broad arm sling, collar
and cuff.**

POP if displaced.

Refer to Fracture Clinic.

Cards Against Paediatric Orthopaedics Upper Limbs



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



15-year-old boy climbing
on a flat roof.

Slipped and fell through floor
support onto elbow, approx 5ft.

Pain ++ elbow.

No other injuries. ADHD.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Swollen ++ elbow.

Reduced elbow dimples.

Skin intact. Good colour.

Pulse.

Unable to flex or extend elbow.

Moving fingers.

Pain just at the elbow.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Cards Against Paediatric Orthopaedics Upper Limbs



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



Olecranon fracture

Cards Against Paediatric Orthopaedics Upper Limbs



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

**Broad arm sling,
POP if displaced.**

May required Surgery.

Analgesia PO/IN/INH.

Refer to Fracture Clinic.

Cards Against Paediatric Orthopaedics Upper Limbs



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



14-year-old male, had
an argument with mum.

Punched a wall.

Usually fit and well.

Under CAMHS.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Swollen ++ hand.

Pain mid-distal 4th and
5th Metacarpal.

Skin intact. Bruised.

Full ROM to fingers – no mallet.

Usual cascade, no rotation.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Cards Against Paediatric Orthopaedics Upper Limbs



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



Boxer's fracture

Cards Against Paediatric Orthopaedics Upper Limbs



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



**Orthopaedics/Plastics:
?manipulate & plaster after
discussion with appropriate specialty.**

**Otherwise - neighbour strap, volar
plaster, high arm sling.**

**School nurse referral - anger
management!**

Cards Against Paediatric Orthopaedics Upper Limbs



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



14-year-old female, recurrent dislocations to shoulder.

Popped out and cant get back in – has already tried.

At home.

Usually fit and well.

PMHx Ehlers-Danlos syndrome.

Cards Against Paediatric Orthopaedics Upper Limbs



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



Anterior swelling
to shoulder.

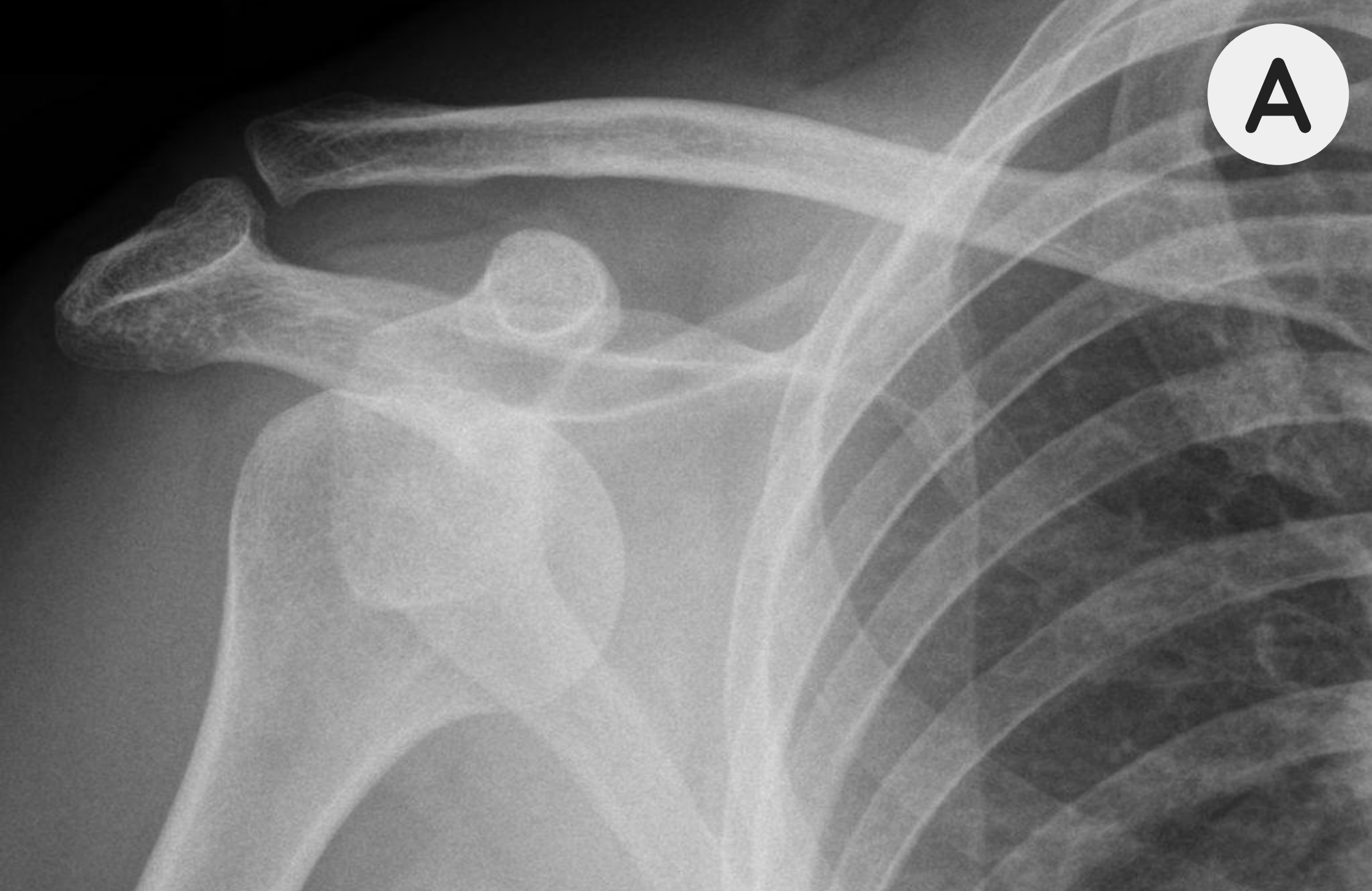
Skin intact.

In pain ++

Cards Against Paediatric Orthopaedics Upper Limbs



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



Cards Against Paediatric Orthopaedics Upper Limbs



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



Shoulder dislocation

Cards Against Paediatric Orthopaedics Upper Limbs



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

Analgesia – PO/INH/IN.

Relocate ASAP.

+/- Ketamine sedation as needed.

Repeat x-ray, broad arm sling.

Fracture Clinic for referral.

Physiotherapy.

Cards Against Paediatric Orthopaedics Upper Limbs



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