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## What is a tibial fracture brace?

A tibial fracture brace is a type of plastic brace. It wraps around the lower part of the leg to help heal a broken bone.

- The tibia is the bone in the lower leg.
- There is another bone in the lower leg called the fibula. It often breaks along with the tibia.
- Fracture is another word for a broken bone.

## Who will treat my child?

An orthotist will treat your child. Orthotists measure, design and fit braces.

## How can the brace help my child?

The brace wraps around the leg and puts pressure on the soft tissues around the bones. This acts like a splint and helps to:

- Heal the broken bones.
- Let your child use their leg.

## What can I do to help prepare my child?

Tell your child that:

- It is normal for their leg to feel sore and tender.
  - They may have just come out of a cast or splint. This can make their leg weak and sore.
  - Their leg may also have bruising, swelling or be tender to touch.
- The orthotist will measure their leg.
- The brace needs to be snug on their leg.

You can help to prepare your child's leg for the brace.

- Wash their leg **gently** with warm soap and water.
- Remove any dry skin that is still on the skin from the cast or splint.

## What should my child wear under the brace?

The orthotist will give your child a sock to wear under the brace.

## How do I use the brace?

Talk with your child's doctor and orthotist about how to put on your child's brace. Some guidelines are listed on page 2.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Tibial fracture brace, continued

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## How to put on the brace

- Put a dry, clean sock on your child's leg.
  - At first, this may be hard to do.
  - You may need 2 people to help put it on.
- Put the brace on your child's leg as you have been taught.
  - Be sure to put it in the right place.
  - Make sure the “tongue” of the brace goes under the thickest part of the plastic.
- Tighten the Velcro straps.
  - The strap tightness may need to change from day to day.
  - This depends on the amount of swelling and changes in leg size.
- Check the tightness of the straps 3 or 4 times during the day. Tighten as needed.
- Do not let your child do more activities or put more weight than what your doctor or orthotist advises.

## Clean the brace each day

- Each day, dampen a washcloth with rubbing alcohol and clean the brace.
- Your child may wear the brace in the shower.
  - When they are done, remove the wet sock and dry the brace well.
  - Put a new, clean sock on their leg. Put the brace back on.

## Wear schedule

- Have your child wear the brace as advised by the doctor or orthotist.
- This may vary based on your child's needs, treatment and type of injury.

## What are the risks?

The brace must be snug in order to work well. If the brace is too loose, the bone may not heal the way it should. Because the brace is snug, it may cause:

- Skin irritation, blisters or sores from too much pressure.
- Tingling, numbness or changes in skin color if it is too tight. If so, loosen the straps slightly.
- Increased sweating under the brace.

## When should I call Orthotics?

- Call Orthotics if your child has skin problems or if the brace does not fit well. Please ask for a visit for that day or the next business day.
  - To make a visit, please call 404-785-3229.
  - On weekends or holidays, have your child wear the brace as tolerated. Then, call the next business day.

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# Tibial fracture brace, continued

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- Signs of skin problems may include:
  - Redness that does not fade within 30 minutes
  - White areas or blisters
  - Hard skin or calluses
  - Soreness or discomfort that gets worse
- Call Orthotics if you have any questions or problems with your child's brace.
  - Call if you have any concerns about how the brace fits.
  - The fit may change due to your child's growth or other physical changes.
  - If your child needs a new brace, the doctor will need to write a new prescription.

## How do I reach Orthotics?

Orthotics addresses are listed below. To reach Orthotics by phone, please call 404-785-3229.

5445 Meridian Mark Rd NE  
Suite 200  
Atlanta, GA 30342

605 Big Shanty Rd NW  
Kennesaw, GA 30144

2270 Duluth Hwy. 120  
Suite 200  
Duluth, GA 30097

1250 Highway 54 East  
Suite 200  
Fayetteville, GA 30214

410 Peachtree Parkway  
Suite 300  
Cumming, GA 30041

1400 Tullie Rd NE  
Atlanta, GA 30329

3300 Old Milton Parkway  
Suite 370  
Alpharetta, GA 30005

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

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