

Healing times for nonoperative treatment

All timings in days		Immobilise	Notes	Weight bearing	Return to sport
Phalanx		10	Generally with controlled mobilisation	20	
MC 2-4		10	Generally with controlled mobilisation	20	
MC 1		14			28
Radius	distal	21	Relative immobilisation if stable		35
	shaft	42	Reduce if < 6 years		56
	neck	20	Mobilise earlier if stable or stabilised	35	
Ulna	distal	21	Relative immobilisation if stable		35
	shaft	42	Reduce if < 6 years		56
	proximal	21			35
Humerus	Distal supracondylar	21	Enough even if reduced and wired	35	
	lat condylar	28	Can be slow to heal		42
	medial epicondylar	21	Mobilise even if not united radiologically	35	
	shaft	42	Reduce if < 6 years		70
	proximal	21	Gentle mobilisation during healing	35	
Clavicle		21			35
Pelvis		42		42	84
Femur	proximal	42	Generally fixed	42	84
	shaft	42	Reduce if < 6 years	42	84
	distal	42		42	84
Tibia	proximal	42		35 in cast	56
	shaft	42		28 in cast	56
	distal epiphyseal	35		21 in cast	56
Fibula	shaft	0	If isolated injury	immediate	21
Ankle		0 - 21	if stable	immediate	35
Foot	Metatarsals	21	reduce if < 6 years		35
	Phalanges	14			21