

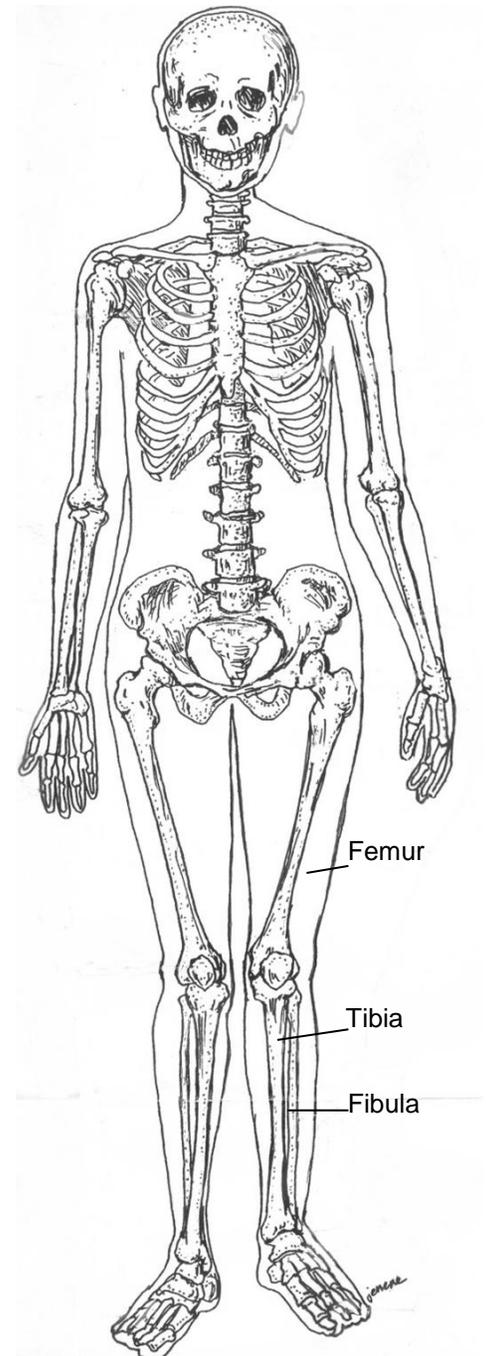
Traction: 90° - 90°

Your child has been placed in traction because his or her femur is fractured (broken). The femur is the large leg bone that goes from the hip to the knee (Picture 1). If this bone is broken, care must be taken to keep both parts of the bone in proper position.

In 90° - 90° traction, your child's lower leg will be supported by a "Bucky Boot" which is made of foam. A pin will be placed in the broken bone for stability. Weights will be attached to it by traction ropes. The weights help keep the parts of the bone in proper position so the bone will heal correctly. The amount of weight used depends on the fracture. Usually about 10% of the child's body weight is enough for most fractures.

Your Child's Care

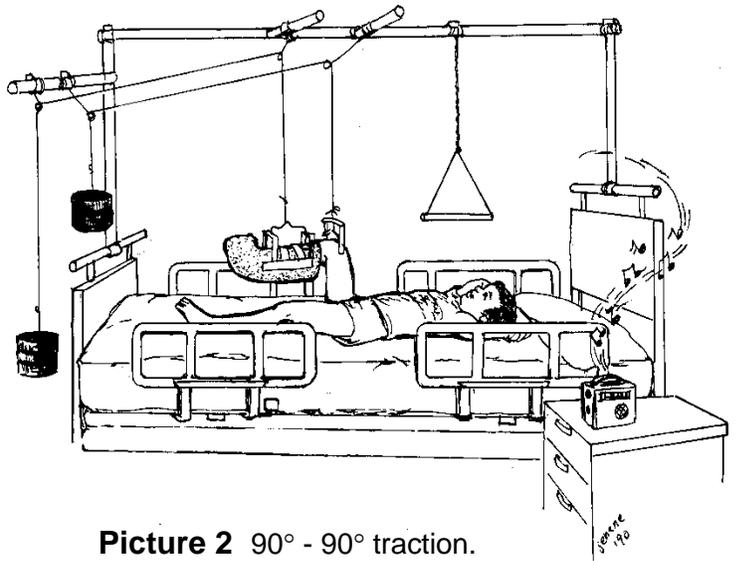
- Your child may be in traction for about 3 to 5 weeks. The length of time depends on how fast the bone heals.
- Every 4 hours, the nurses will check your child's circulation and nerve function in the toes and foot. They will look for swelling, bone movement, pale or blue coloring and skin temperature. They will also want to know if your child complains of tingling or numbness.
- The nurses may clean the pin sites (where pins go through the skin) as ordered by your doctor to prevent infection. Sites may be cleansed with diluted hydrogen peroxide. They will also watch for signs of drainage, swelling and skin irritation (flaking or redness). The nurse will wash the lower leg and foot from time to time and check the skin for redness or irritation.
- An X-ray will be taken every week to check the alignment and healing of the bone (femur). If a pin tract infection occurs, a new pin will be placed at a different site or traction will be stopped.



Picture 1 The skeletal system inside the body.

Preventing Injury

- Let the weights hang freely.
- Keep all blankets and sheets away from the traction ropes.
- Try to keep your child from moving around a lot in bed.
- Keep the bed side rails up and locked **at all times** so the child does not fall out of bed. You may put the side rail down if you are right next to your child's bed.



Picture 2 90° - 90° traction.

Activity

- You are encouraged to take part in your child's care.
- Since your child must stay in bed, try to plan enjoyable play activities (Picture 2). A VCR, tapes and books are available.
- Encourage family and friends to call or visit your child.
- Bring pictures of family, friends, and pets.
- A physical therapist will be involved in your child's care, including leg and arm strengthening exercises.
- There are teachers from the Columbus Public Schools here at Children's. They can help your child keep up with his or her school work.

Going Home

- Before your child goes home, the pins will be removed and a spica cast (a plaster or Fiberglas[®] hip cast) will be put on your child's body and legs to keep the leg from moving out of position.
- If your child will need special equipment such as a wheelchair or bed at home, we will help you arrange for these items before your child leaves the hospital.
- You will be shown how to take care of your child's cast before you leave the hospital. Refer to the Helping Hands: *Cast: Hip Spica or Body Cast*, HH-II-14, *Circulation Checks*, HH-II-60, and *Casted Leg: Home Equipment*, HH-II-104.

If you have any questions, be sure to ask your doctor or nurse, or call _____.