Fractures of the upper arm bone near the elbow (supracondylar humerus fractures) are the most common elbow fracture in children and account for between 50 and 60% of pediatric elbow fractures.

Fractures of the lower arm bone at the elbow, also called lateral condyle fractures, are the next most common.

**CAUSES AND RISK FACTORS**

Most elbow fractures happen after a fall on an outstretched hand. The elbow hyper extends, and the distal part of the humerus (the bone between the elbow and shoulder) above the elbow joint fracture.

**SYMPTOMS AND TYPES**

Symptoms of an elbow fracture include:

- Decreased elbow mobility
- Refusal to use arm
- Immediate onset of pain
- Deformity
- Swelling

**DIAGNOSIS AND TESTS**

A broken elbow will be diagnosed by taking X-rays.

**TREATMENT AND CARE**

Supracondylar humerus fractures are categorized by severity. After review by a doctor, treatment can be either casting or surgery depending on the severity of the fracture.

Undisplaced lateral condyle fractures require weekly X-rays to monitor the amount of displacement.

Displaced lateral condyle fractures do require surgery.

**LIVING AND MANAGING**

Most injuries are treated with a cast or surgery. A cast is usually in place for 3-4 weeks. After the cast is removed, movement of the elbow is encouraged.