

Contact details

Paediatric Emergency Department

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Egerton Road
Guildford
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Telephone: 01483 571122 **ext** 2351 / 2352

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: N/A

Future review date: April 2020

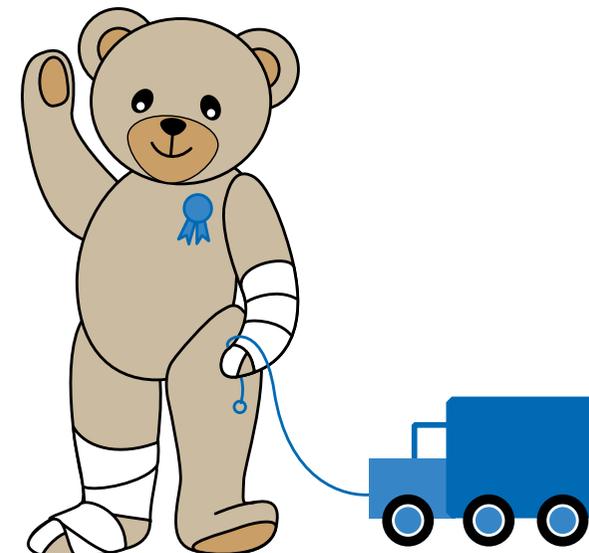
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Buckle fractures

Accident & Emergency Department



Patient information leaflet

What is a Buckle Fracture?

- Your child has been diagnosed with a buckle fracture of their wrist bone(s).
- You may hear this referred to as a torus fracture, buckle fracture or broken bone – these all mean the same thing and there is no need to worry.
- This is a common injury after a fall onto an outstretched hand in children.
- Children's bones are softer than adults, making them more likely to kink on one side rather than break all the way through.
- This injury can be thought of as a 'bone bruise' and is treated like a bad sprain without the need for a plaster cast (1).

What is the treatment for a buckle fracture?

- Buckle fractures are treated with a removable moulded splint.
- This should be worn all of the time for the first 3 days.
- After this, it can be removed for bathing or showering but should be worn the remainder of the time for 3 weeks in total.
- After 3 weeks, the splint can be removed at home and normal movement encouraged.
- If your child removes the splint, reapply it and try taping the straps or bandaging over it with a simple crepe bandage.

What medicines should the child or young person be given?

- Simple painkillers such as paracetamol and ibuprofen should be given when needed as the wrist will be sore for a few days, even after the application of the splint.

Can the child/young person go to school?

- It is fine to attend nursery or school while wearing the splint.

When can the child or young person play sport/do PE again?

- All sports, in particular contact sports and rough play should be avoided for a total of **6 weeks** to reduce the risk of re-injury to the bruised bone.

What follow up will be required?

- No routine follow up is required for these injuries as they heal well with a short period of rest in a splint (2).
- You will be contacted by the hospital if it is felt that your child may require follow up as all X-rays are reviewed by an orthopaedic doctor the next working day.
- The wrist may be a little sore and stiff after the splint is removed and the child begins to use it again – this is normal and should settle after a few days.

- If the wrist is still significantly swollen or painful after 3 weeks in the splint or you are concerned at any time, please call Children's A&E on **01483 571122** ext **2352** or **2351** for advice.

Reference sources

1. Davidson JS *et al* (2001) Simple treatment for torus fractures of the distal radius *The Journal of Bone and Joint Surgery* 83 (8): 1173-1175
2. www.choosingwisely.co.uk/i-am-a-clinician/recommendations/#1476654326462-140275b8-1d63