

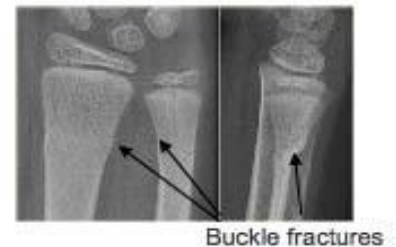


## Buckle fracture of the radius (forearm bone)

This leaflet aims to answer some of the questions that you or your child may have about managing a buckle fracture, including removal of the splint at home.

### What is a buckle fracture?

Children's bones are stronger than adult bones and are therefore more likely to bend rather than break when injured. A buckle (also known as torus) fracture of the wrist is when an injury causes the bone in the wrist to bend (buckle) rather than completely break. These injuries are very common in children and heal very well.



### What is the treatment?

Buckle fractures are treated with a splint. The splint will provide stability and comfort/pain relief. The splint should be applied for a total of 3 weeks (day and night). The splint can be removed when bathing/washing.

Most children will start using their wrist quicker than 3 weeks. If they are pain free when using the wrist the splint may be removed sooner.

Children should avoid any sports for a further 3 weeks after splint removal (total of 6 weeks from the injury) to prevent further damage



### Follow-up

Buckle fractures are very stable and heal well with splints. They do not require any further x-rays or follow up. The x-rays will be looked at by specialists and if there is any concern that your child has a different fracture we will contact you and advice on further care. Some children continue to have increase pain or increased stiffness on removal of the splint, if this persists then please attend your nearest emergency department for advice.

Can the splint be removed during wash/bath time?

It is advisable not to remove the splint for the first 3-4 days unless you have a concern. After this the splint can be removed for washing and bath times as long as no direct pressure is placed through the arm. If your child feels any discomfort, replace the splint and try again in a day or two.

Can my child go back to school / playgroup with the splint on?

Yes, but do make sure that the school or playgroup is aware that the arm is injured so they take appropriate care.

Once the splint is off can they go back to all activities?

No. Climbing, swinging and high impact activities should be avoided for a further 3 weeks (total of 6 weeks from the injury) to prevent further damage.

What should we do with the splint once it has been removed?

It is best to keep the splint safe for a few days to make sure there is no further need for it. After this, the splint can be thrown away.

What should I do if my child keeps removing the splint?

In the first 2 weeks we advise that the splint should be kept on. Try securing the straps with adhesive tape. If after the second week your child keeps removing the splint and appears to be completely pain free and willing to use the arm and hand normally, leave the splint off and monitor them. It is more than likely that the buckle fracture has healed sufficiently.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

**If you have any comments about this leaflet or the service you have received you can contact :**

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

[www.cht.nhs.uk](http://www.cht.nhs.uk)

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔