

# Buckle Fracture of the Wrist

Information for  
patients



Leeds children's  
hospital

caring about children

Your child has sustained an injury to their wrist which is called a torus (buckle) fracture.

## Treatment

Your child's injury will be treated in a wrist splint or a plaster cast (backslab) for support.

### Wrist splint

If your child has a wrist splint, this should be worn day and night for 3 weeks but can be removed for washing and hygiene needs. You must ensure the arm is thoroughly dry before reapplying.

The wrist splint should be removed after 3 weeks.

### Plaster cast (Backslab)

If your child has a plaster cast, this should stay on for 3 weeks from the date of injury and must not get wet.

Your child's cast may be taken off at home after 3 weeks using scissors, by cutting through the middle of the soft-sided part of the cast.

When the wrist splint or plaster cast is first removed, your child may complain of stiffness and mild aching. This is normal and will settle down.

Sporting activities, physical education, trampolining and rough play should be avoided for a further 3 weeks, 6 weeks in total from the date of injury.

## **No follow-up appointment required**

Your child's x-ray will have been reviewed in the virtual fracture clinic by our Orthopaedic Consultant's and will not need any follow-up in the fracture clinic. You will receive a phone call from the Nurse Specialist.

## **Things to look out for**

Your child may have pain in their wrist which will settle over a few days. It may be helpful to ease your child's discomfort with some regular Calpol.

There may be minimal swelling of the affected wrist which will settle over the 3 weeks in the splint or plaster cast.



***Buckle fracture***

## When should I seek medical advice?

- If your child has an extraordinary amount of pain.
- If there is any tingling or altered sensation (pins and needles) in the wrist or arm.
- If the cast becomes broken or wet.

## Who to contact if you have any problems

**Children's Orthopaedic Team: (0113) 3928570**  
(Monday - Friday, 8.00 am - 5.00 pm)

Please note messages are picked up daily and we aim to get back to you within 24 hours.

**Paediatric Emergency Department: (0113) 3925549**

Accident and Emergency Department / Minor Injuries Unit  
inconjunction with the Trauma and Orthopaedic Department.



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

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