

Buckle/Torus fracture

What is it?

Your child has suffered a 'Torus' or 'Buckle' fracture (break) of their wrist. This is the most common type of fracture seen in young children. Young bone is still soft and very flexible. For this reason, instead of breaking all the way through, the bone has a small crack or kink on one side only.

Most of these injuries heal perfectly well if the splint is worn for 3 weeks.



Treatment

- This type of injury heals very well in a simple and easy to apply splint rather than cumbersome plaster.
- The splint can be removed for bathing/showering without risk to the fracture.
- If the child removes the splint before 3 weeks and appears to be comfortable and can use the arm freely then there is no reason to force them to wear the splint for the full 3 weeks.
- If after 3 weeks the wrist is a little sore and stiff after being used, the splint can be reapplied for comfort. Do this for short periods only; it is best to try and start gently using the arm as normally as possible from this stage to prevent ongoing stiffness. Use a simple painkiller, such as paracetamol or ibuprofen, if required.

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- It is important to give your child appropriate doses of paracetamol or ibuprofen to help with the pain as it will be sore for a short period of time, even after application of the splint.
 - It is best to avoid sports and rough and tumble play when wearing this splint and for 2-3 weeks after its removal as there is a risk of damage to the fracture.
 - If after 3 weeks the wrist still seems very sore, swollen, or the child is not willing to use it, please contact the Fracture Clinic - 0151 604 7069 (Monday to Friday, 8.30am until 3.30pm).

If you have any urgent concerns following discharge please contact the Accident and Emergency Department or NHS 111.

Please retain this leaflet for future reference.

Reference:

Buckle/Torus Fracture Leaflet, Orthopaedic Department,
Wirral University Teaching Hospital NHS Foundation Trust.

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

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