

## Contact Telephone Numbers:

NHS 111	 111
Virtual Fracture Clinic	 0778 817 8689
Urgent Treatment Centre, New QEII Welwyn Garden City	 01707 247549

## Further Information

More information can be found on NHS Choices website: [www.nhs.uk](http://www.nhs.uk)

## Patient Information

# Torus/Buckle Fractures of the Wrist in Children

Department of Trauma and  
Orthopaedic Surgery

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[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

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information in a different  
format or another language.



## What fracture has my child got?

Your child has suffered a 'Torus' or 'Buckle' fracture (break) of their wrist. This is the most common type of fracture in young children.

Children's bones are 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.



## Why does my child need a splint?

This type of injury heals very well in a simple splint, which is easy to apply.

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

You can remove the splint for bathing and showering.



## Can the splint still be worn after three weeks?

If, after three 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 as it's best to start to try gently using the arm and wrist as normally as possible from now on.

You can use a simple painkiller, such as paracetamol and/or ibuprofen, if needed.

## Getting back to normal

If your child removes the splint before the three weeks and appears to be comfortable using their arm and wrist freely, then there is no reason to force them to wear the splint for the full three weeks.

We advise your child to avoid playing contact sports, such as football, rugby, etc., until at least a week after the splint has been removed.

## Worries or concerns

If you have any worries or concerns following discharge from hospital, please contact the virtual fracture clinic Monday to Friday, 12 noon to 4pm.

Outside of these hours, you can leave a message on the answerphone. We will respond to all clear messages left.

**Virtual Fracture Clinic** ☎ **0778 817 8689**

Alternatively, outside of these hours, please contact NHS 111 or your GP.