

# Torus 'buckle' fractures in children – discharge advice

## Information for parents and carers

During your child's visit to the emergency department, you were advised that your child has a torus 'buckle' fracture, more commonly known as a fractured wrist.

This leaflet answers frequently asked questions about this type of injury.

### What is a torus 'buckle' fracture?

Your child has suffered a torus or 'buckle' fracture (break) of their wrist. This is the most common type of fracture in young children. Young bones are still soft and very flexible. For this reason, the bone will not be fully broken but will have a small stable crack on one side.

### How long will it take to recover?

This type of injury usually heals very well in a simple and easy-to-apply splint. Most 'buckle' fractures heal well if the splint is worn for three to four weeks. It is important to give your child appropriate doses of paracetamol or ibuprofen to help with the pain.

### Recovery plan

#### Zero to three weeks since injury

Your child should wear the splint during the day and night. The splint can be removed for washing. They should avoid sports and rough play when wearing the splint. If your child removes the splint earlier and appears to be comfortable and can use their arm freely, there is no need for them to continue wearing the splint.

Please follow the advice on pain relief given by the clinician you saw in the emergency department. If you need further advice, please ask your local pharmacist or GP.

#### Three to four weeks since injury

Remove the splint and start to resume normal activities. Please encourage your child to start the 'wrist range of movement exercises' described below. Avoid playing sport for one to two weeks after removing the splint.

If after three weeks the wrist is still very sore, swollen, or your child is not willing to use it, please contact the virtual fracture clinic at the hospital you first visited to arrange a follow-up appointment for your child.

### Exercises to follow

Please note, the number of times your child needs to carry out each exercise is included as a guide only. If they experience a significant amount of pain while carrying them out, you

should reduce the number of times they do each exercise, and gradually increase the amount during their recovery.

### Wrist range of movement exercises

Repeat each exercise 10 times, **three or four times a day**.

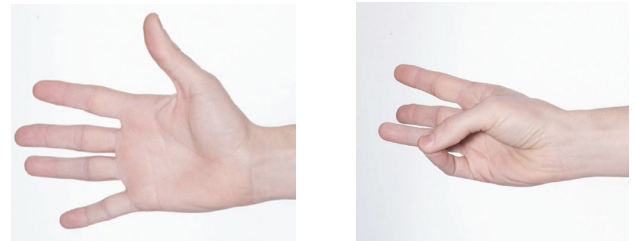
1. Wrist flexion and extension: Move your hand up and down.



2. Open and close your fist.



3. Thumb movements: Touch your thumb to each finger in turn.



### Return to sport

Your child may resume non-contact sports such as swimming after six weeks but should avoid full or limited-contact sports such as football, rugby, or basketball for 10 weeks. If they are unable to resume sport after this time or need further guidance, please see your GP, and ask for a physiotherapy referral.

### What happens next?

We do not routinely follow up patients with this type of injury as it usually heals well. However, if your child is still experiencing significant symptoms after six weeks, please contact the virtual fracture clinic at the hospital you first visited.

This clinic is run by a team of physiotherapists and orthopaedic doctors who can review your child's scans and notes to provide you with the further information or support that your child may need. If appropriate, they will make an appointment for your child to be seen face-to-face in a fracture clinic.

### Contact details

**Barnet Hospital, Chase Farm Hospital, Finchley Memorial Hospital, Edgware Community Hospital, Cheshunt Community Hospital**

- Telephone: 020 8216 4445 (9am to 12noon, Monday to Friday)
- Email: [rf-tr.barnethospitalvfc@nhs.net](mailto:rf-tr.barnethospitalvfc@nhs.net)

## Royal Free Hospital

- Telephone: 020 7472 6222 (9am to 12noon, Monday to Friday, a voicemail message can be left outside of these hours)
- Email: [rf-tr.royalfreehospitalvfc@nhs.net](mailto:rf-tr.royalfreehospitalvfc@nhs.net)

## Acknowledgement and references

We would like to thank Glasgow Royal Infirmary and Leeds Teaching Hospitals for allowing us to reproduce part of their leaflets. If you require a full list of references for this leaflet please email: [rf-tr.royalfreehospitalvfc@nhs.net](mailto:rf-tr.royalfreehospitalvfc@nhs.net) or [rf-tr.barnethospitalvfc@nhs.net](mailto:rf-tr.barnethospitalvfc@nhs.net).

## More information

For more information about the virtual fracture clinic service at the Royal Free London, please visit our website: [www.royalfree.nhs.uk/services/services-a-z/trauma-and-orthopaedics/virtual-fracture-clinic/](http://www.royalfree.nhs.uk/services/services-a-z/trauma-and-orthopaedics/virtual-fracture-clinic/).

## Your feedback

If you have any feedback on this leaflet, please email: [rf.communications@nhs.net](mailto:rf.communications@nhs.net).

## Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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Service: Virtual fracture clinic, trauma, and orthopaedic service

Version number: 2

Leaflet reference: RFL958

First approved: May 2016

Approval date: October 2022

Review date: August 2024

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