

Buckle Fracture



What has happened to my child's wrist?

Your child has broken the bone in their wrist and has what is known as a “buckle” fracture. A fracture and a break are the same thing but in this case it is actually just a bulge. The bone has been squashed and will take three to six weeks to heal. This injury does not cause long-term problems.

Why doesn't my child get a plaster cast?

Research has shown that a buckle fracture will heal just as well in a splint. A splint avoids the problems associated with a plaster cast and means it can be removed to wash. All X-rays will be reviewed by a senior doctor to ensure the appropriate treatment is given. If it is not as simple as a buckle fracture they will call you.

How long does my child have to wear the splint?

The splint needs to be worn for three weeks, day and night. It can be removed for washing. Make sure your child keeps moving their fingers in the splint so they don't get stiff. After three weeks, the splint can come off. After the splint has been removed, your child does not need to come back to the fracture clinic.

My child won't keep the splint on – what can I do?

If you have a small child who simply won't keep it on, they will have to go into plaster instead. Please come back to the emergency department and we can put one on.



When can my child play sports?

Your child should avoid PE, sports and rough play for another three weeks – i.e. a total of six weeks post injury off sports.

Is there anything to look out for?

Your child may need painkillers for the first few days such as Paracetamol and/or Ibuprofen. There may also be some swelling, which should settle after a few days. If your child gets any 'pins and needles' in their hand, you should loosen the splint. If loosening the splint does not help, see a doctor for advice. It is normal for the wrist to hurt for a few days after the splint comes off. This is to be expected and should settle.

If you have any concerns about the injury or splint contact your family doctor.



Government of **Western Australia**
Child and Adolescent Health Service

**This document can be made available in alternative formats
on request for a person with a disability.**

Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009
Telephone: (08) 6456 2222
Produced by Emergency Department
Ref: 803 © CAHS 2017

Disclaimer: This publication is for general education and information purposes.
Contact a qualified healthcare professional for any medical advice needed.
© State of Western Australia, Child and Adolescent Health Service.