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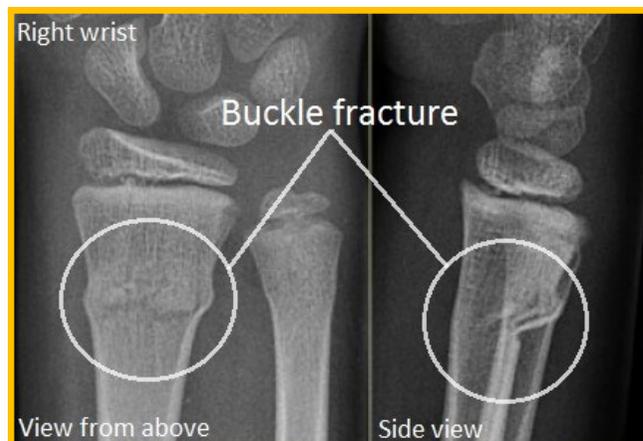
**Name:**

**Date:**

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A break or crack in a bone is called a fracture.

Your child has suffered a Torus fracture (also known as a buckle fracture) of their wrist.



X-Ray of a typical buckle fracture

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This is the most common type of fracture in young children.

Young bone is still soft and very flexible. For this reason, instead of breaking all the way through, the bone kinks or buckles on one side only.

It is now recognised that a splint is the best treatment for this kind of injury and that a plaster cast is not appropriate.

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The splint needs to be worn for **3 weeks** from the date of the injury.

The wrist will be sore for a while even after application of the splint. It is important to give your child simple painkillers such as paracetamol or ibuprofen to help with the pain. Follow the directions on the box.

Adjust the splint using the Velcro straps if it is too loose or too tight.

- If it is too tight the fingers may become, numb, cold, swollen, pale or blue. **In this case loosen it straight away.**
- If it is too loose the wrist will not be supported and will become uncomfortable

The splint can be removed for bathing or showering.

If it is uncomfortable in bed the splint can be removed, or if it helps when sleeping it can be left on.

The splint can be taken off for a short time to clean it if needed. The metal strip can be removed so the fabric part of the splint can be washed in warm soapy water and allowed to dry.

Sports and rough play need to be avoided while the splint is being worn and for 2 weeks after it's removal.

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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 as it is best to try to start gently using the arm as normally as possible from now on.

If after 3 weeks the wrist still seems very sore, swollen, or the child is not willing to use it please contact us at Estuary View Minor Injuries Unit to arrange a review.

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Further healthcare information can be found at:

[www.patient.co.uk](http://www.patient.co.uk)  
[www.nhs.uk](http://www.nhs.uk)

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For real time updates on East Kent MIU and A&E current waiting times please download the WaitLess app.



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**Estuary View Minor Injuries Unit**  
Boorman Way  
Whitstable  
Kent  
CT5 3SE  
01227 284309

**Open 8am to 8pm every day**



## Torus “Buckle” Fracture of the Wrist

**Information for patients**

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[www.whitstablemedicalpractice.co.uk](http://www.whitstablemedicalpractice.co.uk)  
>Local services >Virtual fracture clinic