



Royal Cornwall Hospitals
NHS Trust



Cornwall Partnership
NHS Foundation Trust

Buckle (torus) fracture

Virtual Fracture Clinic

Information for parents, carers and children



One + all | we care

Who is this leaflet for?

Your child has sustained a fracture to the wrist (usually called a buckle fracture or a torus fracture). This type of fracture is common in children. Children's bones are softer and more flexible than adult bones. In this type of fracture, the bone bends rather than snaps.



What is the Virtual Fracture clinic?

The Virtual Fracture clinic is where an orthopaedic surgeon and a trained nurse or physiotherapist review your child's notes and X-rays without him/her being present. After this has happened, you will receive a letter confirming that the consultant is happy with the treatment plan. Additional advice will be given where relevant.

What can I expect during my child's recovery?

Healing times: This normally takes approximately 4 weeks to heal. It is normal for it to continue to ache a little for a few weeks after this.

Pain and swelling: Your child can take normal painkillers if they are in pain. The splint provides pain relief but does not affect the healing process. Pain usually gets a lot better within the first few days. If their hand is swollen, elevate it for an hour.

Using the arm: Your child may use their arm as long as they are comfortable. Avoid heavy lifting or loading.

Sports: There is a small increased risk of further injury for up to 12 weeks, however most children can return to full sports at 6 weeks once comfortable. Avoid PE until 6 weeks after the injury. Non-contact sports such as swimming can be resumed with the splint removed as soon as your child is comfortable to do so.

Follow up: Normally we do not follow up patients with this type of injury as they heal well with no long term consequences. If after 6 weeks your child still has pain or swelling or feels they still have to use the splint, **please contact us to arrange an appointment.**

Will my child have a plaster or splint?

Your child will be given a splint or soft cast in ED / MIU. This is easy to apply and can be taken off easily at home once treatment finishes. Research evidence shows most children manage well with a splint with no need for a plaster cast. If you have any concerns, please call us using the details on this leaflet.



Is my child safe in a splint?

Yes, a buckle fracture is a stable injury which is unlikely to displace. Research evidence suggests that a child does not need a splint to stop the fracture moving, but it can provide pain relief.

What do I do if the splint gets wet?

If the splint gets wet it can be removed and dried. If the skin rubs beneath the splint or if you have any concerns, please contact us immediately.

When do I remove the splint / soft cast?

Once out of the splint / soft cast your child can resume normal activities but should avoid heavy falls for 6 weeks.

Can my child attend school/nursery?

Yes, if their pain is controlled. It is a good idea to keep the splint on when at school for the full 4 weeks of healing time to remind the child and others to be careful. They should not partake in PE (except swimming without the splint) for 6 weeks.

Contact us

If you have any questions please contact our hotline: 01872 253091 / 253170
Calls are monitored Monday to Friday 9am – 4pm.

If you or your child have any disability that needs a different method of support from us, please do not hesitate to contact us on the number above. We will do our best to accommodate your needs.

If you would like this leaflet in large print, braille, audio version
or in another language, please contact the General Office on
01872 252690

