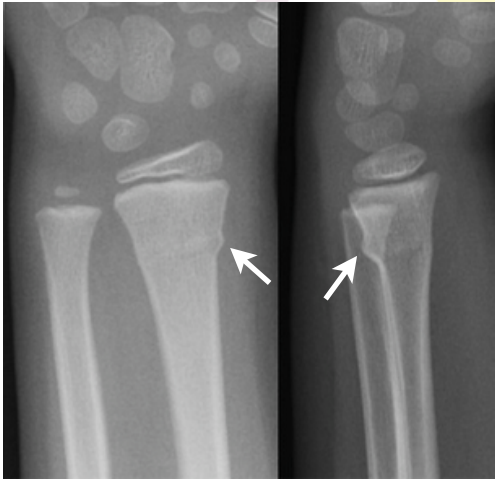


What is a torus (buckle) fracture?

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 bone is 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.



Does it need a plaster?

This type of injury heals very well in a simple and easy to apply splint rather than a cumbersome plaster.

How long should my child wear the splint?

Most of these injuries heal perfectly well if the splint is worn for **3 weeks**.

It is important to give your child appropriate doses of paracetamol or ibuprofen to help with the pain as it will still be sore for a short period even after the application of the splint.

The splint can be removed for bathing/showering without risk to the fracture.

If your child removes the splint before the 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.

Once the splint is removed, your child should avoid contact sports or high energy activities (such as rough and tumble play) for a FURTHER 3 weeks to avoid further injury.

What if it still hurts after 3 weeks?

If 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.

Use a simple painkiller such as paracetamol or ibuprofen if required.

However, if after 3 weeks the wrist still seems **very sore, swollen**, or the child is **not willing to use it**, please contact the ED secretary on:

0141 452 4603

between **8.30am to 4.30pm Monday to Friday** and an ongoing review or referral plan can be made.

Looking after your child with a
**TORUS (BUCKLE)
FRACTURE**



Parent Factsheet
Royal Hospital for Children
Glasgow

Disclaimer:
The medical information provided in this factsheet is for educational purposes only. This information should not be used as a substitute for the medical care and advice from your doctor. You should always contact your doctor if you are worried about your child's health. Your own doctor may recommend other treatments based on your child's individual circumstances.