



The official fundraising arm of the  
Royal Alexandra Children's Hospital.

Our aim is to provide information that will help you understand  
your child's injury and enable the appropriate after-care.

There are lots of useful injury leaflets to download at the Royal  
Alexandra website; use the QR code below or follow the link:  
*[theroyalalex.co.uk/clinical-services/aande/](http://theroyalalex.co.uk/clinical-services/aande/)*



**Useful numbers:**

NHS 111 - 24hr advice line  
Practice Plus (Brighton walk-in center/GP service)  
0333 321 0946  
8am/8pm - 7 days a week



Disclaimer: The information in this leaflet is for guidance purposes only and is in no way  
intended to replace professional clinical advice by a qualified practitioner.  
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Brighton and Sussex   
University Hospitals  
NHS Trust

the  
alex

Children's Emergency Department



## Buckle fracture

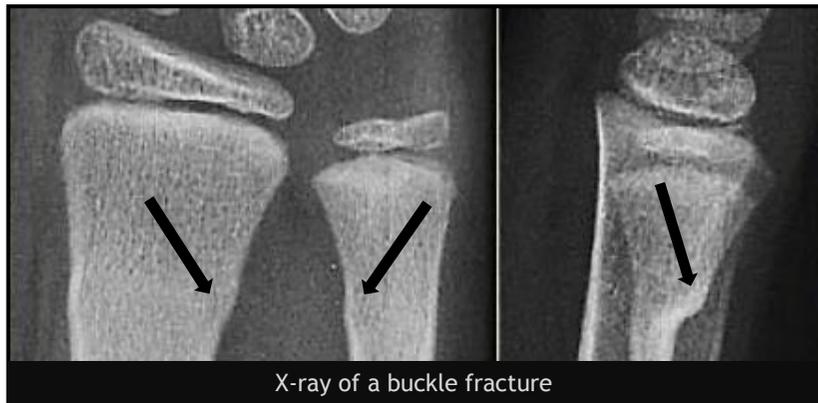
Information for parents, carers & relatives

## What is a buckle fracture?

Your child has been diagnosed with a **Buckle fracture**.

It is called a Buckle fracture because one side of the bone buckles upon itself but does not disrupt the opposite side; it is an incomplete fracture. Buckle fractures only occur in children because they have softer bones than adults.

A buckle fracture usually occurs when the child falls onto their out stretched hand.



## What is the treatment?

Buckle fractures are treated similarly to sprains and will not result in any permanent deformity or lasting bone problems.

In this hospital your child will be fitted with a wrist splint and it should be worn day and night for three weeks, removing it only for hygiene needs (the splint can be hand washed if required).



After three weeks you can remove the splint permanently.

**At this point, your child should still not participate in any sports, PE, rough play and/or high impact activities for a further 3 weeks.**

This is because the bone is still weak and another injury could result in a complete or worse fracture of the area.

## What to expect

Your child will have pain and may have swelling in their wrist. This will settle over a few days to a week. It may be helpful to ease your child's discomfort with simple medication such as paracetamol or ibuprofen.

If after three weeks the pain in your child's wrist persists, the swelling hasn't settled or your child's wrist movement does not improve, you should bring your child back to the Children's emergency Department.