



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/aandel/



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.

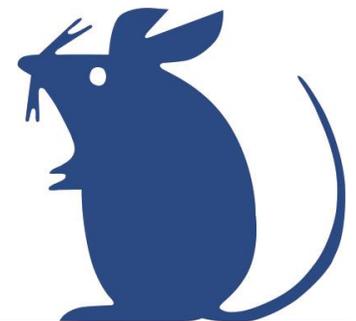
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Reference no. 947 - Publish Date: September 2018 - Review Date: September 2020

Brighton and Sussex 
University Hospitals
NHS Trust

the
alex

Children's Emergency Department



Toddler's Fracture
Information for parents, carers & relatives

What is a toddler's fracture?

A toddler's fracture is a small break, often referred to as a 'hair-line fracture', to the shin bone (tibia), which is the large bone in the lower part of the leg.

This type of injury is typically caused by a minor fall or a simple twisting of the leg and is very common in children under 3 years of age.

Your child may well have started limping, or refused to walk or stand on their leg for no apparent reason; you may not even remember them falling or injuring themselves.



X-ray of a toddler's fracture in the tibia (shin bone)

What tests will be done?

Your child may have an x-ray. The nurse practitioner or doctor will make this decision based on the history of the injury, their examination and the age of your child.

Toddler's fractures don't always show up on the first x-ray because they are so small; we sometimes ask you to bring your child back to one of our clinics following some time using simple painkillers at home to see if your child's condition has improved.

What is the treatment for a toddler's fracture?

A treatment plan will be discussed with you; it is not always necessary to immobilise the leg with a plaster cast. Your child may only require simple painkillers such as Paracetamol and Ibuprofen, and rest.

What should we do when we get home?

We recommend that you give your child **regular** paracetamol and/or ibuprofen for the first 48 hours.

It may be several weeks before your child walks normally again, however please see your GP or return to the Children's Emergency Department if your child has not improved within 4 weeks.