

Caring for a buckle fracture in your child's forearm

Children's Emergency Department

Last reviewed: December 2024

Next review: December 2027

Information for Patients and Carers

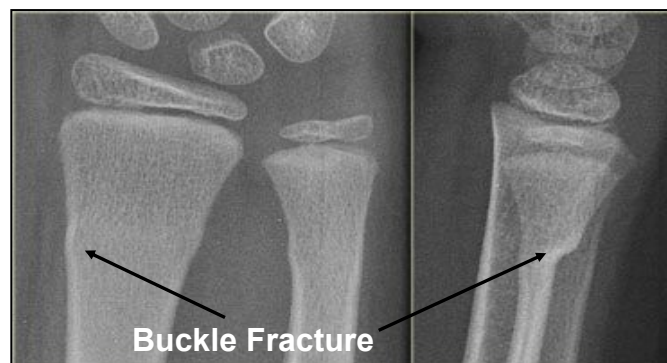
Leaflet number: 1219 Version: 2

Your child has an injury of the wrist bone. Your doctor has diagnosed it as a "buckle fracture".

What is a buckle fracture?

A buckle fracture is a type of break to the bone. The bone has been squashed. Children's bones are softer than adult bones. They are more likely to squash rather than break after an impact. This can result in a bulge in the bone rather than a complete break.

This injury is treated like a sprain. It will not cause any long-term problems.



How are buckle fractures treated?

Buckle fractures heal well by themselves. You do not need any special treatment.

The FORCE study was a large scientific study that took place throughout the UK. It looked into how best to treat these injuries. This study showed that children who were offered a bandage (which not all of them chose to wear) healed well. They were equally as comfortable as those who were treated in a hard splint or cast.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Most children start to use their wrist and hand comfortably again after a couple of weeks. They should be allowed to use the hand as much as they want. But should not do anything that causes them pain or discomfort. If the child wears anything on their wrist (for example a bandage), then this should be removed when the wrist becomes more comfortable. It should be removed by 3 weeks. They may complain of mild stiffness and aching when moving the wrist in the next few weeks.

This is normal. It should settle down quickly.

Let your child should return to sporting activities, physical exercise and rough play as soon as the pain and discomfort settles.

Follow up appointments

We should not need to see your child again.

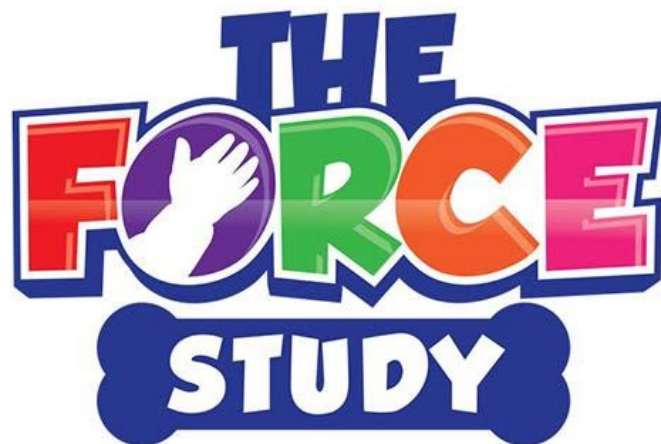
All your X-rays will be looked at by a specialist to check your child has been given the right treatment. They make sure there are no other problems. They will contact you if they have any concerns. Please check that we have your correct details.

Things to look out for when your child goes home

Your child may have pain in their wrist. This should settle over a few days. They may need simple pain killers (for example, those that can be bought over the counter at a chemist or pharmacy).

More information

For more details about the treatment of this injury see www.FORCEstudy.org



Information in other languages can be found at:



Arabic



Greek



Hindi



Polish



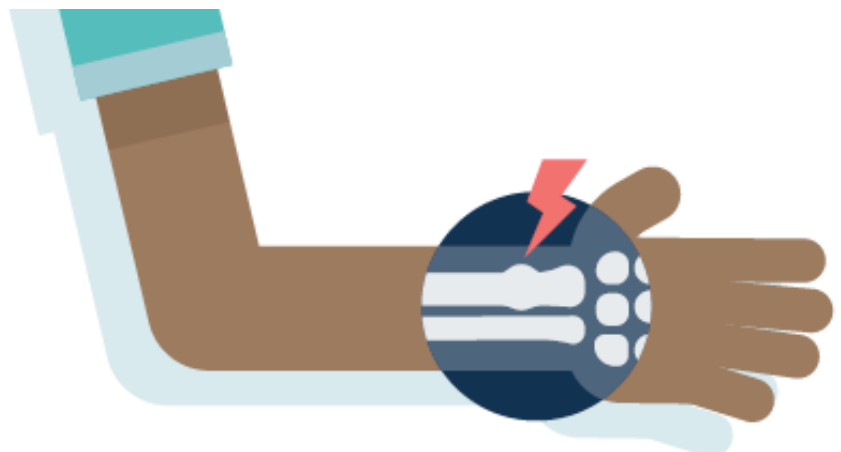
Punjabi



Romanian



Spanish





Contact details

If you have any concerns you can call the NHS helpline on 111 for advice.

Feedback

We would love to get some feedback on your visit today.

Scan the QR with your smart phone to go to our online feedback survey. Or, you can go to the feedback form on our website:

<https://www.leicestershospitals.nhs.uk/patients/thinking-of-choosing-us/patient-experience/>



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk