

# Caring for a buckle injury of your child's forearm

Children's Emergency Department

Information for Patients and Carers

Last reviewed: December 2024

Updated: August 2025

Next review: December 2027

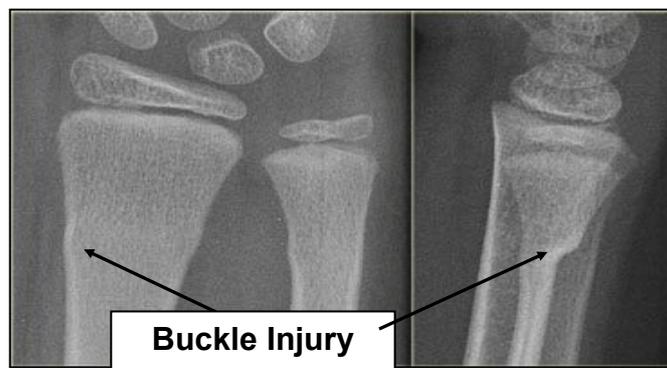
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**Your child has an injury of the wrist bone. Your doctor has diagnosed it as a “buckle injury”.**

## What is a buckle injury?

A buckle injury 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 and will not cause any long-term problems.



## Treatment

**Buckle injuries heal so 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](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## Treatment (continued)

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 (like 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 and should settle down quickly.

Let your child 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 reviewed by a specialist to check your child has been given the right treatment and ensure there are no other problems. They will contact you if they have any concerns, so please check that we have your correct details.

If you have any concerns about the injury contact fracture clinic on **0116 258 5430**

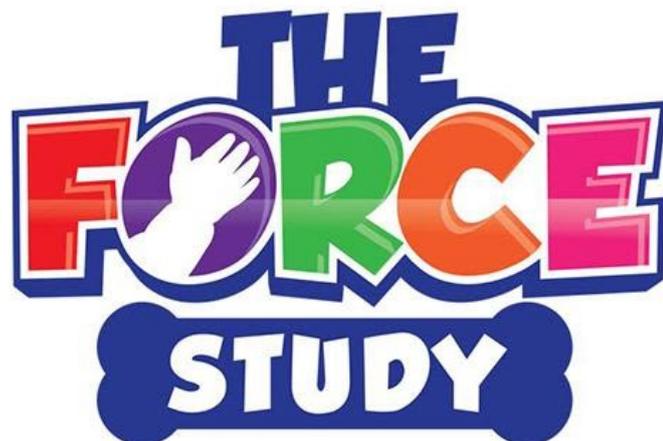
## Things to look out for when your child goes home

Your child may have discomfort in their wrist which should settle over a few days. They may require simple pain killers (those that can be purchased over the counter at a chemist/ pharmacy).

## More information

For more details about the treatment of this injury see:

[www.FORCEstudy.org](http://www.FORCEstudy.org)



Information in other languages can be found at:



Arabic



Greek



Hindi



Polish



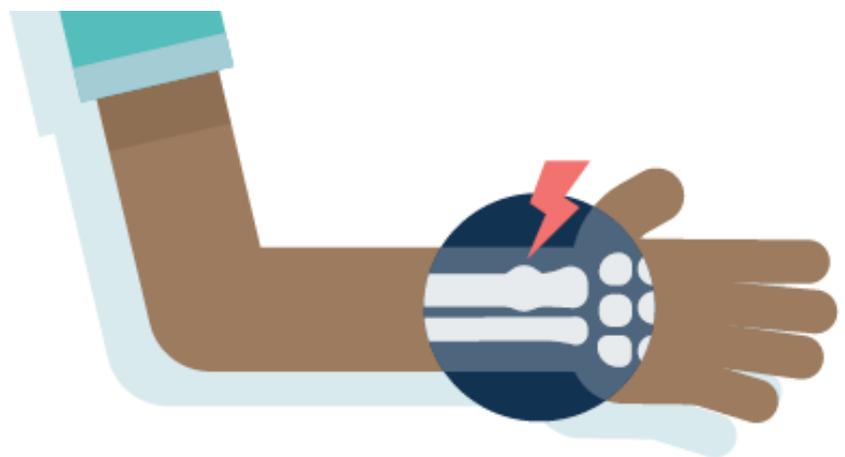
Punjabi



Romanian



Spanish



**Contact details:**

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

We would love to get some feedback on your visit today,  
please scan the code using your phone camera or visit:

<https://tinyurl.com/3amynf8y>



If you have any questions, write them down here to remind you what to ask:

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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

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)