

Our outpatient clinics run between 9am to 5pm Monday-Friday. If you have any concerns or problems during these times please contact:

Clinic 1B  
Whittington Hospital  
Magdala Avenue, London N19 5NF

The Fracture clinic: 020 7288 3799 or 5659  
The plaster room: 020 7288 5668

The emergency department at any other time  
Phone: 020 7288 3304

**Patient advice and liaison service (PALS)**

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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**Whittington Health NHS Trust**  
**Magdala Avenue**  
**London**  
**N19 5NF**  
**Phone: 020 7272 3070**  
**[www.whittington.nhs.uk](http://www.whittington.nhs.uk)**

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## **Children's Torus or Buckle Fractures**

### **A parent's guide**



Your child has a Torus or Buckle fracture (break) of the 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.

This type of injury heals very well in a simple and easy to apply splint, or in some cases a soft cast.

Most of these injuries heal perfectly well if the splint or cast is worn for 3-4 weeks.

It is important to give your child regular doses of paracetamol or ibuprofen to help with the pain, as it will be sore for a short period even once the splint or cast is applied.

The splint or cast needs to stay on for 3 to 4 weeks, whereby you can remove it at home.

If after removal the wrist is still sore, you can reapply the splint for comfort. Do this for short periods only, as it is best to encourage gentle use of the wrist and arm.

However, if after 6 weeks the wrist still seems very sore, very swollen or your child is not willing to use it, contact the Fracture clinic to arrange follow up.

If the child removes the splint or soft cast before 3 weeks and appears to be comfortable, then there is no reason to make them wear the splint for the full three weeks.

It is best to avoid sports and rough play when wearing the splint or cast and for 2 weeks after its removal.

A range of patient information leaflets and videos providing guidance and advice are available here:



## Buckle fracture

Leaflet Written by R. Chammaa, O. Berber, S. Mellett