

## Buckle fracture of the radius (forearm bone)

This leaflet aims to answer some of the questions that you or your child may have about managing a buckle fracture, including removal of the splint at home.

### What is a buckle fracture?

Your child has sustained a “buckle fracture” of their forearm bone. This has been caused by falling onto the arm, causing the bone to slightly crush in on itself. The bone has not completely broken but the injury does cause pain and discomfort.

This injury is very common in children and heals quickly with simple common sense measures. In the vast majority of cases, it is unnecessary for your child to attend a fracture clinic.



Buckle fractures

### What is the treatment?

The best way to treat the pain is to place the injured arm in a splint that allows the bruising and bone time to heal. It is not usually necessary to treat these injuries in a full plaster cast. We aim to treat these injuries in a removable splint.

The splint should be worn day and night for 3 weeks.



### When it is time to remove the splint:

- Do make sure that your child is calm and that you are not rushed or distracted.
- Allow your child to gently and slowly move the wrist.
- Once the splint comes off the arm should be pain-free, although it may be slightly stiff from being in a splint and your child may be a little unsure to start with.
- If the wrist is still painful then replace the splint and contact us at the Orthopaedic Clinic between 12.00am – 5.00pm Monday – Friday on 0118 322 6567 or 07554 330 369. If you feel more urgent attention is needed, then please contact your GP or take your child to the local Emergency Department.

Sporting activities, physical education and rough play should be avoided for another 3 weeks (total of 6 weeks from injury).

Can the splint be removed during wash/bath time?

It is advisable not to remove the splint for the first 3-4 days unless you have a concern. After this the splint can be removed for washing and bath times as long as no direct pressure is placed through the arm. If your child feels any discomfort, replace the splint and try again in a day or two.

Can my child go back to school / playgroup with the splint on?

Yes, but do make sure that the school or playgroup are aware that the arm is injured so they take appropriate care.

Once the splint is off can they go back to all activities?

No. Climbing, swinging and high impact activities should be avoided for a further 3 weeks.

What should we do with the splint once it has been removed?

It is best to keep the splint safe for a few days to make sure there is no further need for it. After this, the splint can be thrown away.

What should I do if my child keeps removing the splint?

In the first 2 weeks we advise that the splint should be kept on. Try securing the straps with adhesive tape. If after the second week your child keeps removing the splint and appears to be completely pain free and willing to use the arm and hand normally, leave the splint off and monitor them. It is more than likely that the buckle fracture has healed sufficiently.

## Contact us

If you have any further questions or concerns regarding this condition, please contact the Orthopaedic Clinic on 0118 322 6567 or 07554 330 369, open Monday to Friday 12.00am – 5.00pm (except bank holidays).

More information about the Trust can be found on our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

Friends & Family Test: While you are in hospital please spare a few moments to answer one question 'Would you recommend our service to family and friends if they required similar care or treatment?' by filling in the card given.

This document can be made available in other languages and formats upon request.

Emergency Department: Nev Davies, Angela Lee (Children's Orthopaedic Clinic), Kunal Kulkarni, Lydia Egan, Omar Nafousi

Reviewed: May 2018. Review due: May 2020