



**University
Hospitals Sussex**
NHS Foundation Trust

Buckle fracture of the wrist

for children who need a splint
and no follow up appointment.

Physiotherapy department

Patient information



What is this information about?

This information is about buckle fractures of the wrist.

It tells you:

- How to look after your child after they have sustained a buckle fracture.
- How long to use the splint for.
- Who to contact if you need further help and support.

What is a buckle fracture of the wrist?

Children's bones are softer than adult bones. Sometimes they bend rather than break. This is called a buckle fracture.

They are still treated as a fracture and recover in a similar way.

How long does this injury take to heal?

This normally takes approximately 3 to 6 weeks to heal.

It is normal for it to continue to ache a little for a few weeks after this.

Younger children normally get better quicker.

What should I do if my child's hand is painful or swollen?

Taking pain medication and elevating (raising) their wrist will help. This is usually only needed in the first few days.

Can my child use their arm with this injury?

It is okay to use and move the arm for normal tasks such as getting dressed, gentle play, writing.

Avoid any high impact activities where there is a chance of falling on it such as trampolining, scooters, football, bikes for 6 weeks.

How long should my child use the splint for?

The splint can be used for 3 to 4 weeks as needed for comfort.

The splint helps by keeping the arm still.

It does not need to be worn at night and can be taken off to wash or give your child's skin a rest from the splint.

Will my child need a follow up appointment for this injury?

We do not normally follow up patients with this type of injury as they heal well.

If after 6 weeks your child has significant pain or swelling, please contact us using the details at the bottom of this leaflet.

What to do if my child's wrist does not feel supported enough by the splint?

If they are still in a lot of pain when using the splint, we can change them into a soft cast. This may make them more comfortable.

You will need to contact the Virtual Fracture Clinic team to discuss this.

Can my child remove their splint to wash?

Yes, it is safe to remove the splint to wash. The fracture is stable, which means the splint is more for comfort and does not significantly affect the bone healing.

When can my child return to sport?

There is a small increased risk of injury for up to 12 weeks. However, most children can return to full sports 4 to 6 weeks post injury.

Your child can start non-contact sports such as swimming as soon as comfortable.

What should I do if my child's symptoms change?

Please contact the Virtual Fracture Clinic Team if you have any of these symptoms:

- Increased joint pain.
- Increasing swelling with difficulty bending the fingers or thumb.
- Hypersensitivity to touching the skin.
- Shiny or red skin.
- Increased hair growth on skin.
- A sensation of the hand not belonging to you.

Who should I contact if I have any questions?

If you are concerned about your child's symptoms or cannot follow the instructions above, please contact the Virtual Fracture Clinic team. Our contact details are at the bottom of this leaflet.

How do I contact the Virtual Fracture Clinic?

Call or leave a message on:

Worthing **01903 205111 Ext. 86312**

St Richards **01243 788122 Ext. 35503**

uhsussex.vfc@nhs.net

This leaflet is intended for patients receiving care in St Richard's Hospital and Worthing Hospital.

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