

# Buckle Fracture Advice

Information for parents and carers



## What is a buckle fracture?

Children's bones are softer than adults and are therefore more likely to bend rather than break following an impact. This can result in a bulge in the bone instead of a complete break – called a buckle fracture. Buckle fractures, also known as Torus fractures, are extremely common injuries in children. They heal very well and quickly, with low risk of further injury.

## How is it treated?

Buckle fractures are treated with a splint, which promotes healing by keeping the bone stable. We advise that the splint is used for three weeks, but it can be removed earlier if your child is comfortable and pain free. The splint should also be worn when your child is sleeping, but can safely be removed for bathing and showering without any risk of damage to the fracture.

## Pain relief

The splint will help to reduce the level of pain, but your child will also need to take painkillers. You can give them paracetamol and ibuprofen regularly for the first few days and then just when needed. Please read and follow the dosage instructions on the packet carefully.

## How long does it take to get better?

Your child can stop wearing the splint three weeks after the injury. They may experience a slight increase in pain and stiffness at this point, but this will usually settle after a few days.

Your child can continue to use the splint for short amounts of time, to help relieve any on-going discomfort, if needed. They will need to avoid sporting activities for a total of six weeks from the date of their injury and should only take part in sport once they are pain free.

## Care of the splint

With active lifestyles, splints can quickly become dirty. We recommend removing the metal support in the splint and then hand-washing the fabric as regularly as needed, leaving it to air dry. If you would like a second splint, you can purchase similar ones from chemists or online.

## How to contact us

If at any point you are worried or concerned that your child is in pain, despite taking regular painkillers and wearing the splint as advised, please telephone us or return to your nearest Emergency Department.

### **Minor Injuries, Emergency Department**

John Radcliffe Hospital

Tel: **01865 220 212**

(24 hours)

### **Emergency Department**

Horton General Hospital

Tel: **01295 229 412**

(24 hours)

Alternatively you can contact your GP or NHS **111** (Freephone) for non-emergency advice.

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **[PALSJR@ouh.nhs.uk](mailto:PALSJR@ouh.nhs.uk)**

Authors: Jenna Burford and Simon Smith  
Emergency Department  
January 2016  
Review: January 2019  
Oxford University Hospitals NHS Foundation Trust  
Oxford OX3 9DU  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)

