

**Patient  
Information**

# Buckle fracture

## Introduction

Your child has had an injury to the arm which has been diagnosed as a buckle fracture. This injury is treated like a sprain and will not cause any long-term problems. The following information aims to explain what a buckle fracture is and how to support a child while it heals.

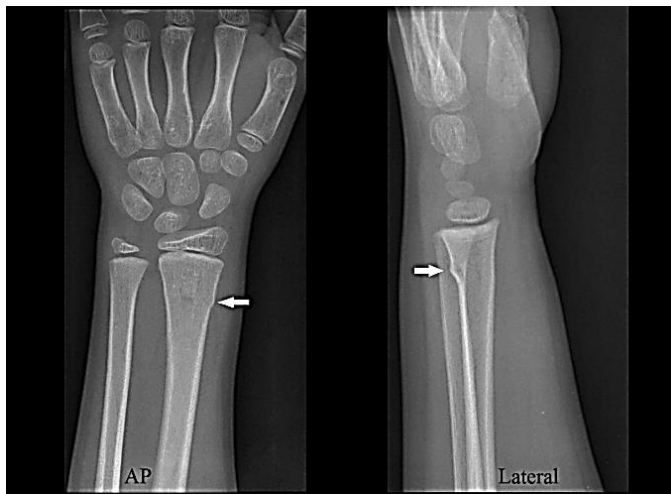


Figure 1: X-ray image of a buckle fracture

## What is a buckle fracture?

These are the most common wrist injuries in children, often following a fall on the outstretched hand. You may hear it described as a green stick fracture but in reality, it is more of a bend in the bone.

At first, your child will have less movement of their wrist than usual. It will also feel tender.

The bones of a child are more likely to bend than break. This is because they are softer and the periosteum (a thick covering on the bone) is stronger and thicker.

Reference No.

**GHPI1327\_03\_24**

Department

**Emergency/  
Trauma Services**

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## How long does it take to heal?

The bone will heal in 2 to 4 weeks depending on the child's age. We have given your child a wrist support (splint) to make it more comfortable during this time. This will also reduce the chance of further injury.

The splint should be worn for 3 weeks and should only be taken off for washing. The splint should be kept dry and clean, to keep its strength and to do its job.

There is no need to seek further advice unless:

- Your child is complaining of more pain despite simple pain relief such as paracetamol and/or ibuprofen being given.
- The splint becomes damaged.

In the first few weeks after the splint is removed the wrist is still likely to be a little sore and stiff and muscles slightly weaker. Your child should not take part in strenuous activities or sports until they have no pain with normal wrist movements.

If your child is reluctant to use the wrist, please contact the Trauma Service, the number is at the end of this leaflet.

Any X-rays taken are looked at by our radiologists. If there is any concern that there may be a more serious injury, you will be contacted and asked to bring your child in for a follow up appointment.

## Contact information

If you have any worries or concerns following your child's discharge from hospital, please contact:

### Trauma Service

Tel: 0300 422 5269

Monday to Friday, 10:00am to 2:00pm

Email: [ghn-tr.glostrauma@nhs.net](mailto:ghn-tr.glostrauma@nhs.net)

You can also contact your GP or NHS 111 for advice.

### NHS 111

Tel: 111

## Further information

**NHS UK**

Website: [www.nhs.uk/conditions/broken-arm-or-wrist/](http://www.nhs.uk/conditions/broken-arm-or-wrist/)

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling. 2011;84:379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>