

TORUS 'BUCKLE' FRACTURE OF THE WRIST

Paediatric

This information leaflet is designed to provide general information and education on **Torus 'Buckle' Fractures**.

If you are ever **unsure about the information** or advice you have received please:

- Ask a staff member
- Visit your local GP – your GP can contact the Orthopaedic Virtual Fracture clinic if required
- Contact 13 HEALTH (13 432584)
- Contact Ipswich Hospital Outpatients Department on 3810 1217

General Information

- Your child has sustained a **torus 'buckle' fracture** of their wrist which is a common fracture for children.
- Young bones are softer than adult bones – they tend to bend and kink instead of breaking.
- The pain and tenderness in your child's wrist should gradually settle as the healing process occurs over the next four weeks.

Management

- Torus 'buckle' fractures are managed in a splint or half-cast for 4 weeks in total.
- After 4 weeks, the splint or half-cast will be removed by your regular GP or a medical professional further review and assessment may be required.
- Further x-rays are not required unless your child has re-injured the wrist. If wrist is reinjured have a review by your GP.

Recovery

- Torus 'buckle' fractures have an excellent and predictable recovery, recovering well with no ongoing problems.
- Your child should return to school and day-to-day activities as soon as comfortable.
- Return to contact sports can occur a total of 8 weeks post injury, 4 weeks **after** removal of splint or half-cast.

Pain Relief

- Paracetamol and/or ibuprofen are excellent pain relief medications.
- They **must** always be taken as per dosage instructions on the packet or as advised by your pharmacist.
- **Do not** give medications which your child may be allergic to.

Worries/Concerns

- If after 4 weeks the wrist is still very sore, swollen or your child is guarding it and not using the wrist as usual please see your local GP.
- If at any point you are concerned for your child, please contact:
 - Your local GP
 - Phone: 13 HEALTH (13 432584) – Available after hours
 - Contact Ipswich Hospital Outpatients Department on 3810 1217