

Buckle Fracture

Your child has sustained a fracture to the arm (radius). This fracture heals well in a simple velcro splint. The splint will help keep your child comfortable while the bone heals.



It is often easiest to place the backslab and sling under loose clothing instead of through a shirt sleeve.

The first 24-48 hours after injury

Your child's arm, hand and fingers may swell in the first 24 - 48 hours after the injury. To decrease the swelling, your child should rest the arm up on a pillow when sitting or lying down.



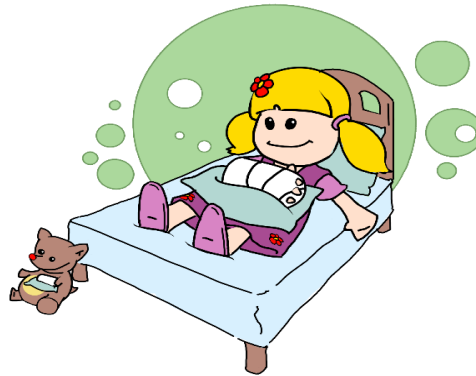
You should encourage your child to bend and straighten the fingers every hour during waking hours. You should check the temperature, colour and movement of the fingers about every 4 hours during waking hours.

Your child will have pain in the arm initially. Medication such as Ibuprofen and/or Paracetamol as needed (as long as not allergic) following the directions on the package will help decrease the pain.

Signs of a problem

- Severe pain when moving the fingers.
- Fingers that are blue or white.
- Fingers that are cold (you can compare them to the fingers on the other hand).
- Fingers that cannot curl up or straighten out.
- Numbness or pins and needles in the hand.

If your child has any of these signs, rest your child's arm on a pillow while lying down for 30 minutes.



If the problem does not get better, contact your GP, or go to the Emergency Department.

Follow-up appointment

Children with a buckle fracture do not require follow-up with the Consultant Orthopaedic Surgeon, or need to get another x-ray.

After 3 weeks

Remove the splint 3 weeks after your child's injury. With the splint off, your child can begin using the arm. At first, the wrist may be stiff. The movement will get better with time but this may take up to 2 months. Physiotherapy is not usually necessary.

To decrease the risk of re-breaking the arm, your child should not participate in high-risk activities such as playing on monkey-bars, trampolines, or contact sports for 2 weeks after the injury. However, your child can return to low risk sports such as swimming as soon as the arm is comfortable.

Contact your GP if your child has not regained normal arm movement 2 months after injury.

Key Points

- Your child needs a splint to help heal the broken arm.
- You will take off the splint at home after 3 weeks after the injury.
- Your child will need to avoid high-risk activities for a total of 2 weeks after the injury.
- If your child has not regained normal arm movement 2 months after the injury, contact your GP.