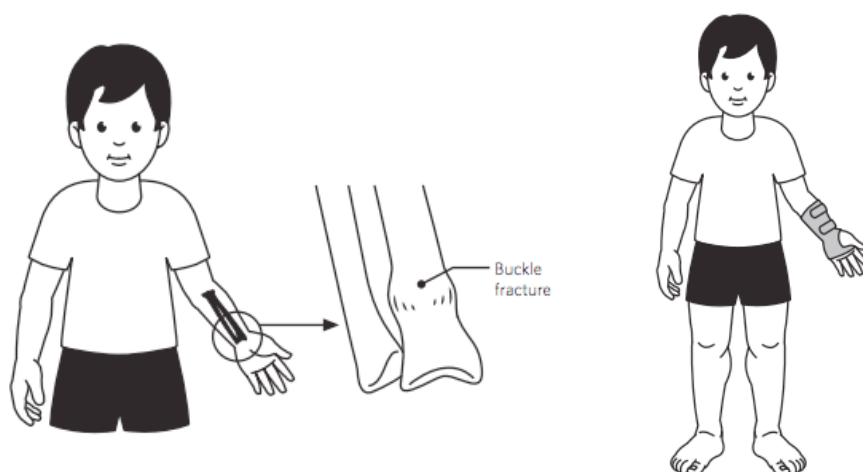


Childhood Buckle Fracture

Information for Children & Parents

What is a Buckle Fracture?

A buckle fracture is a common wrist injury occurring in childhood typically as a result of a fall. This injury involves a subtle folding or buckling of the radius (a long bone in the forearm). The fracture may not be obvious when looking at the child's arm or at their x-rays.



How is this injury treated?

This fracture tends to be a stable injury requiring only a brief period (3 weeks) of rest / immobilisation in a splint, cast or brace (let's call this a wrist support). Following this time, the child can remove the wrist support and resume gentle wrist movement and light function.

Which wrist support does my child need?

Your Hand Therapist will suggest a particular type of wrist support based on your child's particular needs. You will be able to select a suitably strong wrist support that is (i) waterproof / non-waterproof, (ii) removable / non-removable and (iii) comfortable, colourful and light weight.

Can my child still use the injured hand?

Yes - It is best to avoid rough play, climbing, cartwheels, handstands etc during the healing period. Otherwise, your child can use the fingers and thumb as normal including grasping pencils / pens to write and draw.

Can my child still swim with the wrist support on?

Yes – we understand how important it is for children to keep cool in our warm tropical climate in Cairns. Our Hand Therapists will select a wrist support that can get wet so the family can continue to enjoy swim times. But please be careful to avoid beach sand getting into the wrist support as it can irritate the skin.



Can I take my child's wrist support off for baths and showers?

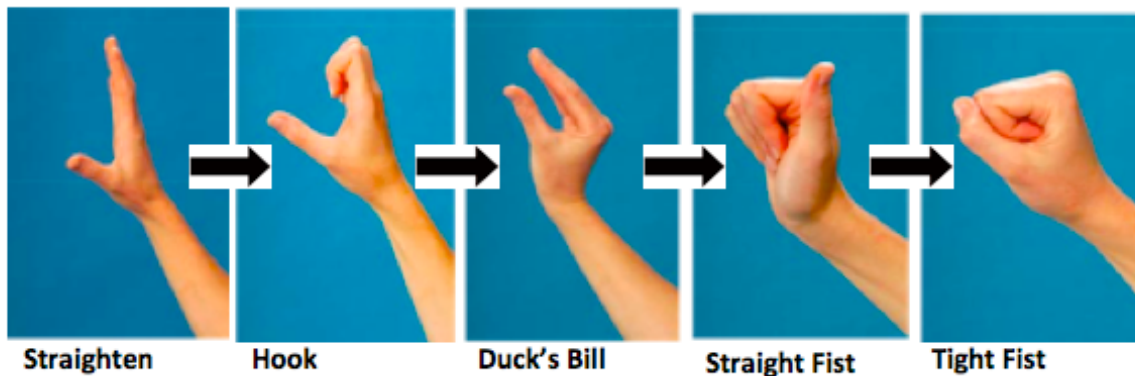
Our Hand Therapists will endeavour to fit a removable wrist support to allow you to take it off briefly for showering / bathing. Very young children will require close supervision during removal of the wrist support to ensure they do not over use their hand / wrist.

When should my child stop using the wrist support?

The wrist support can be removed after wearing it for 3 weeks. Wrist movement may be a little stiff and sore at first but your child's Hand Therapist can prescribe exercises to help restore normal movement. Rough and tumble play, and contact sports should be avoided for 6 weeks.

Are there any exercises my child should be doing whilst in the wrist support?

Most children continue to move and use their fingers whilst in a wrist support and therefore don't generally need to be regularly exercising their hands. However, it is sensible to monitor their finger and thumb movement for stiffness and if this develops, the following simple hand exercises can be performed with the wrist support securely in place on your child's arm.



Please contact your Doctor / Hand Therapist if after 3 weeks from the injury -

- Your child's wrist remains very painful or swollen.
- Your child will not use their wrist, hand or fingers within 2–3 days of the wrist support being removed.

If you have any concerns about your child's recovery please feel free to contact our friendly Hand Therapy Team on 4031 8878