

Patient Information
Emergency Department

**Discharge advice following
attendance with a “buckle”
fracture of the arm / wrist**



Medway NHS Foundation Trust is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.

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www.medway.nhs.uk

Your child has suffered a “buckle” fracture of the arm/wrist.

This is the most common type of fracture in young children. Young bone is still soft and flexible. For this reason, instead of breaking all the way through, the bone has a small crack or kink on one side only.

This fracture heals very well in a simple splint, which needs to be worn for 3 weeks.

In the early stages it is important to give your child appropriate doses of paracetamol or ibuprofen to help with the pain.

After 3 weeks the splint can be removed, and simple day-to-day activities are encouraged.

In the first few weeks after splint removal the wrist is still likely to be a little sore and stiff. Strenuous and sports activities are only allowed when there is no pain and with normal wrist movements.

If your child is reluctant to use the wrist please contact the Fracture Clinic for advice or Fracture Clinic follow-up.



If the pain get worse or lasts more than three weeks or you are concerned about your child contact the fracture clinic on:

07760553994

Monday to Friday 11.00am to 5.00pm