Buckle Fracture

Information for patients, relatives and carers

For more information, please contact your local plaster room. Contact details are on page 6 of this leaflet.

Caring with pride
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What is a Buckle Fracture?

A Torus Fracture also called a Buckle Fracture is an extremely common injury seen in children.

The forearm consists of two bones these are your Radius and Ulna.

Your child has a fracture to either one of these, looking at a typical x-ray (please see below) it looks like the bone has slightly crushed or buckled in on itself to one side.

It is not completely broken and is in a stable position.
Fracture Treatment

After your child has seen the doctor in fracture clinic you will then visit the plaster room. At this stage a below elbow cast will be applied using a semi rigid material, this will not go fully hard but will give the fracture enough support to heal.

This cast will remain on for about three to four weeks, and can be removed by the parent at home; plaster room staff will advise you how to do this correctly and safely.

Stiffness and discomfort is normal after cast removal and this will settle in time.

Sporting activities and physical exercise should be avoided for another three weeks to avoid risk of re-fracture. Therefore your child should not take part in these activities for a total of six weeks.
Useful Contact Numbers and opening hours

York Hospital Patients:
York Plaster Room
Tel: 01904 726523
Monday to Friday 9am - 5pm
York Emergency Department
Tel: 01904 726587

Scarborough Hospital Patients:
Scarborough Plaster Room
Tel: 01723 342042
Monday to Thursday 8.00am to 4.30pm
Friday: 8.00am to 1.00pm
Scarborough Emergency Department
Tel: 01723 342145

Bridlington Hospital Patients:
Bridlington Plaster Room
Tel: 01262 423070
Tuesday: 1.30pm to 4.30pm
Thursday: 1.30pm to 4.30pm
Bridlington Minor Injuries Unit
Tel: 01262 423464
Open seven days a week
8am to 9pm
Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Abby Kirby, Orthopaedic Technician, Plaster Room, Scarborough Hospital, Woodlands Drive, Scarborough, YO12 6QL or telephone 01723 342042.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.
Please telephone or email if you require this information in a different language or format

如果你要求本資訊是以不同的語言或版式提供，請致電或寫電郵

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

01904 725566
email: access@york.nhs.uk

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