

Orthopaedic Department
York Teaching Hospital

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Physiotherapist.

Your child has sustained a buckle fracture to their distal radius and or ulna (forearm just before the wrist).

This is a specific type of fracture that occurs in children's bones.

Healing: This normally takes approximately 3 -4 weeks to heal. It is normal for it to continue to ache a bit for a few weeks after this.

Pain and swelling: Your child can take their normal painkillers if they are in pain. Use the splint provided to help reduce pain levels, it does not change how the fracture heals

Using the arm: Your child may use the arm as pain allows.
It is important to keep the elbow moving to prevent stiffness.

Follow up: Normally we do not follow up patients with this type of injury as they heal well.
If after 6 weeks your child still has pain or swelling or feels they still have to use the splint please contact us using the details listed above.

Area of injury:



Splint:



If you are worried that you or your child are unable to follow this rehabilitation plan,

Or, if your child is experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

Or if you have any questions, then please phone the Fracture Care Team for advice.

York Virtual Fracture Clinic Contact details:

Phone: 01904 726575

Scarborough Trauma Assessment and
Treatment Unit (TATU):

Phone: 01723 342021 / 07385 463781

Email: virtualfractclinic@york.nhs.uk

Please follow the plan:

Weeks since injury	Plan
0-3	<ul style="list-style-type: none"> ✓ Wear the splint. ✓ You can remove the splint to wash the arm. ✓ It is ok to remove the splint when resting.
3-6	<ul style="list-style-type: none"> ✓ Try not to use the splint and do normal light activities with the arm. ✓ You may want to use the splint at school, when doing sports or playing. ✗ Avoid contact sports till 6 weeks. ✓ At 6 weeks the fracture is healed. ✓ Your child should be able to carry out day to day activities. ✗ Heavy lifting or sport may cause discomfort, start slowly.
6	<ul style="list-style-type: none"> ✗ If after 6 weeks your child is not back to full activities or has ongoing pain or swelling contact us on above number or e-mail

Advice for a new injury

Cold packs:

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief.

Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

Rest and Elevation:

Try to encourage your child to rest the arm for the first 24-72 hours to allow the early stage of healing to begin. They can raise their wrist above the level of their heart with a sling if it is throbbing.

Movement and exercise:

This type of wrist fracture is relatively minor and heals very quickly. There is rarely any stiffness after the splint comes off and normal play should get you child back to full movement.

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