

Health Facts

Buckle fracture



What has happened to my wrist?

You have broken the bone in your wrist and have what is known as a “buckle” fracture. A fracture and a break are the same thing but in this case it is actually just a bulge: the bone has been squashed and will take three to six weeks to heal. This injury does not cause long-term problems.

Why don't I get a plaster cast?

Research has shown that a buckle fracture will heal just as well in a splint. A splint avoids the problems associated with a plaster cast and means you can remove it to wash. All X-rays will be reviewed by a senior doctor to ensure the appropriate treatment is given. If it is not as simple as a buckle fracture they will call you.

How long do I wear the splint?

The splint needs to be worn for three weeks, day and night. It can be removed for washing. Make sure you keep moving your fingers in the splint so they don't get stiff. After three weeks you take the splint off. You do not need to come back to the fracture clinic.

My child won't keep the splint on – what shall I do?

If you have a small child who simply won't keep it on, they will have to go into plaster instead. Please come back to the emergency department and we can put one on.

When can I play sports?

You should avoid PE, sports and rough play for another three weeks – i.e. a total of six weeks post injury off sports.

Is there anything to look out for?

You may need painkillers for the first few days such as Paracetamol and/or Ibuprofen. There may also be some swelling, which should settle after a few days. If you get any 'pins and needles' in your hand you should loosen the splint. If loosening the splint does not help see a doctor for advice. It is normal for the wrist to hurt for a few days after the splint comes off. This is to be expected and should settle.

If you have any concerns about the injury or splint contact your family doctor.