

Advice for carers of children with a buckle or greenstick fracture of the wrist

Buckle Fractures

When children fall, they often bend the bones of the forearm rather than breaking them right through. This is called a buckle fracture or greenstick fracture, depending on what the x-ray shows.

Small amounts of bend in forearm bones may not need correcting, depending on the age of the child. This is because the bone will naturally straighten as it grows. The younger the child, the more bend is acceptable because they have more growing to do. Up to 5 years of age a bend of 20 degrees can be left to grow out.

Treatment

If the break has not moved, or has only moved a small amount, then it is treated for a short time in a removable splint. These types of break heal without any problems, so you do not normally need to bring the child back to hospital to be seen again. We would advise that the splint is worn whilst sleeping however it is safe to remove it to allow your child to bathe or shower.

If the splint becomes dirty it can be hand washed and left to air dry.

Painkillers

The splint will help to support the fracture however your child is likely to need some painkillers. Initially we would recommend giving paracetamol and ibuprofen regularly but these can be reduced as their pain improves.

Recovery

We advise that the splint is used for around three weeks but can be removed earlier if your child is comfortable and pain free. Sports and physical education can start again 2-3 weeks after the splint comes off and once they are pain-free.

If you have any problems, or for further advice please telephone:

- Your GP
- NHS 111 111, or 111.nhs.uk
- Emergency Department 01535 294481

Notes:

Are you a victim of Domestic Violence? For confidential advice, contact:

Bradford	0808 2800 999	https://www.stayingput.uk.net/contact
North Yorkshire	03000 110 110	https://www.idas.org.uk/
Lancashire	0300 323 0085	https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/domestic-abuse/

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

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