

## Torus “Buckle” fractures

### Information for parents

#### Outpatient Fracture Care Team: Shared care plan

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This is a follow-up letter to your recent telephone consultation with the Fracture Care Team explaining the ongoing management of your injury. Your child's case has been reviewed by an Orthopaedic Consultant (bone specialist) and Fracture Care Extended Scope Physiotherapist.

**Your child has suffered a “Torus” or “Buckle” fracture.** This injury is very common in children and heals very well with the use of a splint with no need for a large plaster. Children's bone is softer and more flexible than adult bone. For this reason, instead of breaking all the way through, the bone has a small crack or kinks on one side only.



Most of these injuries heal perfectly well if the splint provided is worn for **three weeks**. During this time you can give your child appropriate pain relief as the area will be sore even after the splint is applied. The splint can be removed for washing without risk to the fracture.

After this three week period your child may remove the splint. If the wrist is a little sore and stiff after being used then the splint can be reapplied for comfort. This should only be done for short periods. Your child should start to use their arm as normally as possible and slowly increase what they do with it over time. It is best to avoid sports and rough play whilst wearing the splint and for the two weeks following removal of the splint.

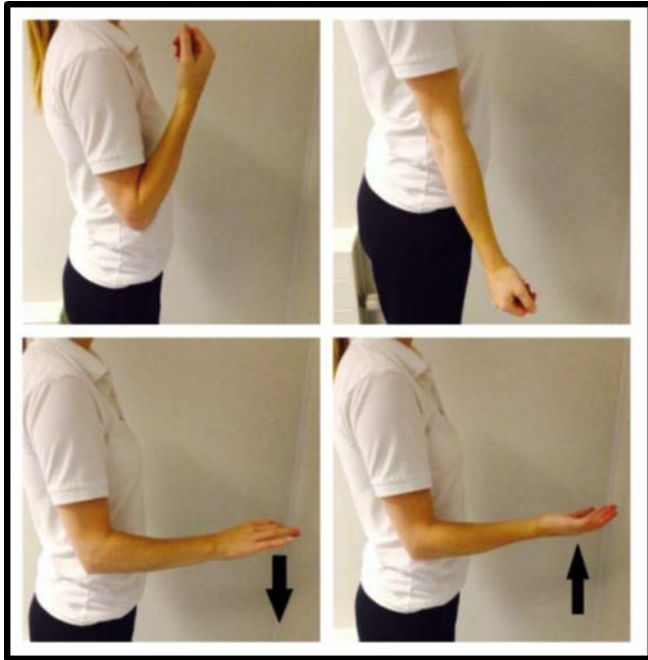
We do not routinely follow-up patients with this type of injury. **However, if after three weeks** your child's wrist still seems very sore, swollen or they are not willing to use it then contact the Fracture Care Team on the number above to arrange follow-up.

If your child is experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone or email details at the top of this letter.

## Initial exercises for your child to do five to six times a day:

### Finger and wrist flexion and extension

Your child should open and close their hand 10-15 times.



### Elbow bend to straighten

Your child should bend and straighten the elbow of their injured arm so they feel a mild to moderate stretch. They can use their other arm to assist if necessary but should not push if it causes pain.


### Forearm rotations

Your child should begin this exercise with the elbow of their injured arm at their side and bent. They should slowly turn their palm up and down as far as they can go without pain. They should not feel more than a mild to moderate stretch. They can use their other arm to assist if necessary.

Repeat each exercise 10 - 15 times if there is no increase in pain.



## Further information and advice can be obtained from:

**NHS 111**  
**NHS Choices online**

 **111**  
[www.nhs.uk](http://www.nhs.uk)

**MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.**

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

**Telephone:**  01622 224960 or  01892 632953

**Email:** [mtw-tr.palsoffice@nhs.net](mailto:mtw-tr.palsoffice@nhs.net)

**or visit their office** at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: [www.mtw.nhs.uk](http://www.mtw.nhs.uk) or pick up a leaflet from main reception.

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