Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Torus “Buckle” Fracture

Version number: **7**
Last modified date: **12th November 2026**

Torus “Buckle” Fracture

Patient Information

Trauma & Orthopaedics Department

- Author ID: VL/BH
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Introduction

Your child has sustained a “Torus” also known as a “Buckle” Fracture (break) to the wrist. This is a common injury in children as their bones are still soft and flexible.



Symptoms of a Buckle Fracture

Buckle fractures are often painful, symptoms can include:

- Pain
- Tenderness
- Swelling

Treatment plan

This type of fracture does not require a plaster cast. Your child has been fitted with a splint, which is the recommended treatment for this type of injury. The splint should be

worn for a period of **3 weeks**; this includes whilst sleeping.

The splint can be removed for hygiene purposes, and the splint is also hand washable once the metal insert has been removed.

Simple pain relief can be taken as required e.g. paracetamol. Elevation (raising the arm/hand) is encouraged to relieve swelling.

Use of the hand is encouraged for example: writing, colouring, and using a knife and fork; this will prevent the wrist becoming stiff.

No contact sport or heavy lifting for a period of **6 weeks** is advised to aid healing of the bone.

Aftercare

If the wrist is still sore the splint can be re-applied for comfort weeks 3-6. This should only be for short periods of time; it is best to try and use the hand normally.

If at 3 weeks the wrist is very sore or swollen and your child is not willing to use their arm, or if you have concerns, please contact.

Fracture Clinic: 01942 822595 Monday to Friday (8.30am until 5.00pm)

For more information online please visit WWL Teaching Hospitals NHS Foundation Trust | Virtual Fracture Clinic.

https://www.wwl.nhs.uk/virtual-fracture-clinic

For urgent concerns out of hours call 111.



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