

Buckle injuries of the wrist

ORTHOPAEDIC FACT SHEET

A buckle injury of the wrist is a small area of compressed bone (Figure 1). The wrist may be tender, slightly swollen, and painful to move. The injury may be difficult to see on x-ray. There is no deformity.

This injury is treated by wearing a removable back slab or ready-made splint (Figure 2) which can be removed for bathing or showering. An arm sling is optional for comfort.

Pain is usually not severe and should be managed with a simple pain medication such as paracetamol (e.g. Panadol™). Give as needed following the directions on the packet, or as directed by your child's doctor.

Since these injuries are stable and heal quickly without problems, x-ray or follow-up appointment with the GP, fracture clinic or physiotherapy is usually not required.

Remove your child's back slab or splint three weeks from the injury. Wrist movement may be a little stiff and sore at first. Rough and tumble play, and contact sports should be avoided for 6 weeks.

Contact the doctor or the hospital your child attended if after three weeks from the injury:

- Your child's wrist remains very painful or swollen
- Your child will not use their wrist, hand or fingers within 2-3 days of the back slab or splint being removed.

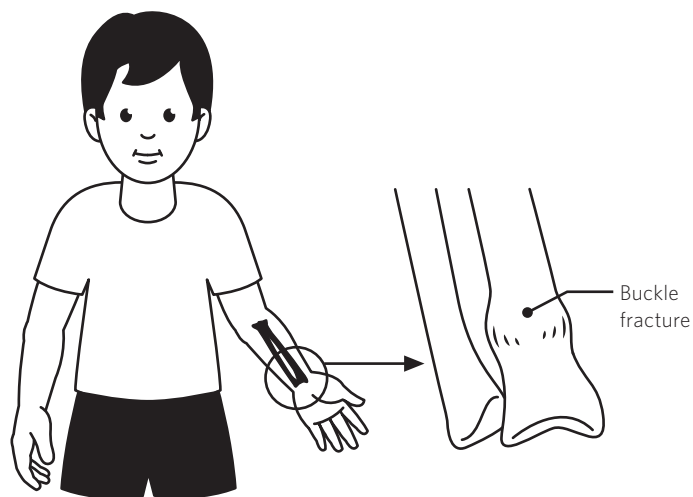


Figure 1. Buckle injury of the wrist

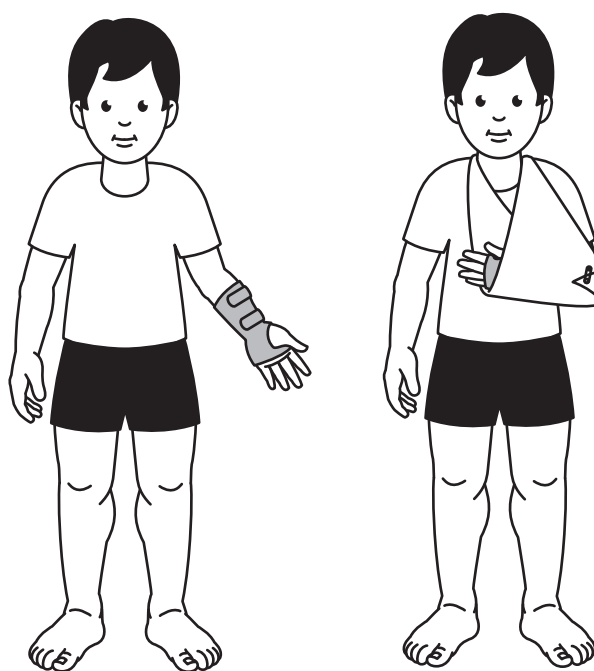


Figure 2. Buckle injuries are treated with a splint or back-slab — an arm sling is optional