



WHAT IS A TORUS 'BUCKLE' FRACTURE?

Your child has suffered a torus or 'buckle' fracture (break) of their wrist. This is the most common type of fracture in children. Children have bones that are still very soft and flexible and for this reason, they usually sustain incomplete fractures. An incomplete fracture is a small and stable crack on one side of the bone.

HOW LONG DOES IT TAKE TO RECOVER?

This type of fracture usually heals very well in a basic and easy to apply wrist splint. In most cases, the splint should be worn for three to four weeks.

It is important to give your child appropriate doses of medication to help with pain relief.

WRIST SPLINT INSTRUCTIONS

Your Doctor may advise that your child should wear a wrist splint for a short period of time in order to protect their injured wrist and to help with healing.

HOW TO FIT A WRIST BRACE

1. Open the wrist brace and lay it on a flat surface.
2. Have your child place their hand palm down onto the wrist brace and put their thumb in the thumb hole.
3. Fold the sides over the back of their wrist and fasten the brace with the Velcro straps. Do not tighten the brace too tight. The brace should feel supportive but fit comfortably on their wrist.



STEP 1



STEP 2



STEP 3

OPTIMAL RECOVERY PLAN

TIME SINCE INJURY

0-3 WEEKS

- Your child should wear the splint during the day and night. Please see instructions listed.
- The splint can be removed for bathing.
- Avoid sports and rough play during this time period.
- Apply ice to the injured area for 10-15 minutes, every 3-4 hours. Allow skin temperature to return to normal before reapplication of ice. Protect their skin by wrapping an ice pack or frozen peas in a damp towel to ensure the ice is never in direct contact with skin.
- Follow pain relief advice given by the Doctor you saw in the hospital, or consult your Pharmacist or Family Physician.

3-4 WEEKS

- Gradually reduce the amount of time your child wears the splint.
- Your child can begin to resume normal activities without the splint on.
- Your child can begin the range of motion exercises of the wrist and fingers (listed), as tolerated.
- Avoid playing sport for one to two weeks after removing the splint.

HOME EXERCISE PROGRAM



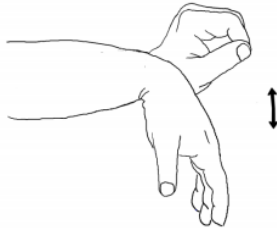
Lakeridge
Health

Please note, the number of times your child needs to perform each exercise is included as a guide only. If your child experiences a significant amount of pain while doing a certain exercise then they should reduce the number of times they do the exercise, and gradually increase the amount during their recovery.

WRIST AND FINGERS RANGE OF MOTION EXERCISES

Repeat each exercise 10 times, 3 times a day.

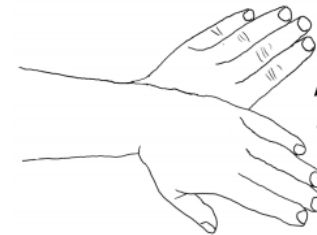
1. Move your wrist up and down as far as you can tolerate.



2. Keep your elbow by side and turn the palm of your hand back and forth so that it faces up and then down.



3. With your palm facing down, move your hand from side to side.



4. Open and close your hand as shown 10-15 times.



For further advice and recommendations on exercises, please consult a Physiotherapist in your community. If you need a referral for Physiotherapy, please ask your Family Physician.

Return to Sport

Your child should avoid full or limited contact sports such as football, hockey, soccer or basketball for 10 weeks. Your child may resume non-contact sports such as swimming after 6 weeks. If they feel unable to resume sport within this timeframe, it is recommended that they see a Physiotherapist in your community to help facilitate their return to sport.