

Buckle injuries of the wrist

Clinic 11

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Monday to Friday 8.30am to 5.30pm

www.ulh.nhs.uk

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.

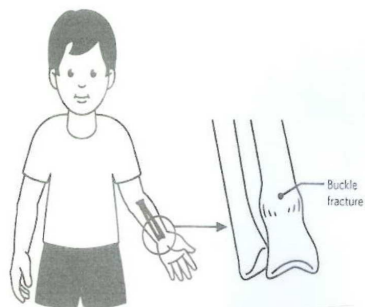


Figure 1. Buckle injury of the wrist.

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.

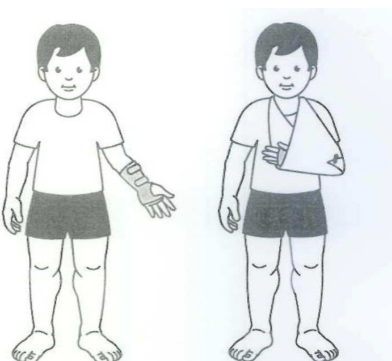


Figure 2. Buckle injuries are treated with a splint or back-slab - an arm sling is optional.

Pain is usually not severe and should be managed with a simple pain medication such as paracetamol.

Since these injuries are stable and heal quickly without problems, x-rays or follow-up appointments with the GP, fracture clinic or physiotherapist are 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 to 3 days of the back slab or splint being removed.**

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at patient.information@ulh.nhs.uk