

Buckle injuries of the wrist

Clinic 11

Lincoln County Hospital

Telephone: 01522 573836

Monday to Friday 1:30pm 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.

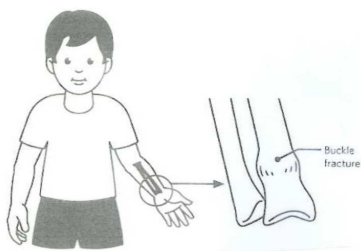


Figure 1. Buckle injury of the wrist

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.

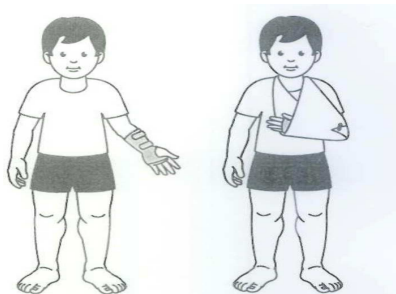


Figure 2. Buckle injuries are treated with a splint or back-slab - an arm sling is optional.

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.

In case of emergency please contact 999 or visit the nearest emergency department. If after 3 weeks from injury your child's wrist remains very painful or swollen, or your child will not use their wrist, hand or fingers within 2 to 3 days of the back slab or splint being removed, please contact the orthopaedic team:

Fracture Hot Clinic

Clinic 11, Lincoln County Hospital

Greetwell Road, LN2 2QY

Telephone: 01522 573836

Monday to Friday 1.30pm to 5.00pm

Please visit <https://www.surveymonkey.co.uk/r/928BYLJ> to tell us your views on this service.

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

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