

Simple Wrist Fracture in a Splint

Orthopaedic Information Sheet



What is a Simple Wrist Fracture?

A Simple Wrist Fracture (also called a Buckle Fracture) is when a part of the wrist bone gets squashed or pressed, making it bulge out instead of breaking into pieces. This type of injury is common in kids because their bones are softer and more flexible than adults. This injury is treated like a sprain and usually doesn't cause any long-term problems

What causes a Simple Wrist Fracture?

A Simple Wrist Fracture usually happens when you fall and land on your outstretched arm. It can also happen from other types of injury where pressure or force is put on the wrist bone, causing it to bulge out of place



Signs and Symptoms of a Simple Wrist Fracture

Signs of a Simple Wrist Fracture may include:

- Pain in the wrist
- Swelling
- Bruising
- A bump on the bone
- Holding the arm in a way to avoid using it

Your child may have one or more of these symptoms.

Treatment of a Simple Wrist Fracture in a splint

If treated with a splint, kids heal well and stay comfortable. The splint should be worn at all times except when bathing until the arm feels better, usually for up to 3 weeks.

- Even though the injury is minor, treat it like it's in a cast. Your child should not do any physical activities, like sports or rough play, for 4 weeks.
- No need for follow-up with a specialist, as the injury will heal on its own.
- The wrist might feel stiff or sore at first, but this usually gets better on its own.
- It is important to encourage moving fingers as much as possible.
- If your child feels pins and needles or numbness, the splint might be too tight. Loosen it a little.

Pain relief: Give your child simple pain medicine like Paracetamol or Ibuprofen (following the dosage on the label). Arm slings can help with pain but usually aren't needed

Important: Never give a child under 12 Aspirin.

SEEK URGENT MEDICAL ATTENTION IF:

- **If your child has trouble moving their fingers or the wrist stays swollen or painful for more than 3 weeks, or there's numbness or swelling, you should get medical help right away.**

For more information

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Interpreter



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