

Virtual Fracture Clinic
Orthopaedic Department
York Teaching Hospital

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Physiotherapist.

Your child has sustained a buckle fracture to the distal radius and or ulnar (forearm just before the wrist).

This is a type of fracture that occurs in children's bones.

- Healing:** This normally takes approximately 3 -4 weeks to heal. It is normal for it to continue to ache a bit for a few weeks after this.
- Pain and swelling:** Your child can take their normal pain killers if they are in pain. The cast is for comfort, it does not change how the fracture heals. Elevate the arm to reduce swelling for the first few days
- Using the arm:** Your child may use the arm as they feel comfortable. It is important to keep the elbow moving to prevent stiffness.
- Follow up:** Normally we do not follow up patients with this type of injury as they heal well.
If after 6 weeks your child still has significant pain or swelling please contact us using the details listed above.

Area of injury:



If you are worried that you or your child are unable to follow this rehabilitation plan,

Or, if they are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone or e-mail details at the bottom of this letter.

York Virtual Fracture Clinic Contact details:

Phone: 01904 726575

Scarborough Trauma Assessment and Treatment Unit (TATU):

Phone: 01723 342021 / 07385 463781



**York and Scarborough
Teaching Hospitals**
NHS Foundation Trust

Email: virtualfractclinic@york.nhs.uk

Please follow the plan:

Weeks since injury	Plan
0-3	<ul style="list-style-type: none"> ✓ Wear the softcast all of the time. ✓ Use the sling for the first couple of days if the arm is painful.
3-4	<ul style="list-style-type: none"> ✓ Your parent/carer can remove the softcast by simply unrolling or cutting the cast (see below or you tube clip). ✓ The fracture is healed and you can begin to resume normal activity ✓ Carry out day to day activities. ✗ Heavy tasks, heavy lifting or sport may cause some initial discomfort. ✗ Avoid contact sports till after 4 weeks.
6	<ul style="list-style-type: none"> ✗ If your child is still experiencing ongoing pain and swelling then please contact the Fracture Care Team for advice.

Advice for a new injury

Cold packs:

Once out of the cast a cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief if needed. Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

Rest and Elevation:

Try to encourage your child to rest the arm for the first 24-72 hours to allow the early stage of healing to begin. Raise the wrist above the level of your heart with a sling if it is throbbing

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Removing the cast:



Cut off the cast with normal scissors



Open the cast and slide the arm out

If it is too difficult to cut the cast;



Soak the cast for 10 minutes in a basin of water or in the bath as part of bath time. Then unroll the cast;



Find the end of the roll of the cast and unroll the coloured strip. This may need a few tugs as it will be sticky- this will not affect the healed fracture. Keep unwrapping till there is no coloured bandage left, then slip off any padding. The bandage and padding can be thrown away in a normal bin.

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