INFORMATIE OVER

Torus fracture in children

Your child has a small fracture in the lower-arm, a torus fracture. It is a buckle of the bone. This is treated with a brace and a sling.

Treatment

The torus fracture of the wrist or lower-arm is a common injury in children. The fracture is treated with a brace and a sling.

Time	**Treatment**
0-1 week	Wear the brace. Wear a sling, you may remove it as soon as pain allows this.
1-2 weeks	Wear a brace, remove it as soon as pain allows this.
3-4 weeks	Move the wrist and lower-arm as much as possible with the pain.
After 4 weeks	Start sports.

Instructions

Follow the instructions for a good recovery.

- The brace and sling keep your arm in a comfortable position
- Wear the brace for one week. Is your child in too much pain after 1 week? Then your child can use the brace in the second week. After the second week you should not wear the brace anymore.
- Your child can wear the sling as well, it can be removed as the pain allows you to do this.

- The fracture is close to the wrist. Therefore, it is important that your child starts moving the wrist after 1-2 weeks. This prevents the wrist from getting stiff and improves the healing and recovery.
- After 3 weeks your child can carefully start all activities again. This is only when the pain allows your child to do this. When it is not possible due to the pain it is better to wait for a few days.
- When your child takes a shower, the brace can be removed. Make sure that the arm is completely dry before putting on the brace again. You can find instructions about putting on a brace in the app, BovenIJ Trauma or in the link underneath in this folder.
- Is your child in pain? Use paracetamol. Do not wait with paracetamol until the pain is too much.

Recovery

- This fracture almost always heals well with time and use – no specific treatment is required and therefore routine follow-up is unnecessary.
- Does the pain increase, or does it not get better? Please contact the fracture-phone (Breuklijn). We will make an appointment if it is needed.

Questions?

U can always call us.

More information online

App BovenIJ Trauma

In our app, BovenIJ Trauma, you can find more information about your injury. You can also find exercises here to improve your recovery. You can find the app in the Appstore (iPhone) and in the Google Store (Android).

For a video about the brace, visit the following link:
https://www.youtube.com/watch?v=cx4L4KQV0ms

Contact BovenIJ Hospital

Fracture-Phone (Breuklijn) Mo – Fr 10.00-12.00 13.00-16.00	020 - 634 6194
Emergency Department	020 - 634 6200

Dissatisfied?

For us it is important that our patients are satisfied. That is why we aim to treat you as well as possible during your visit. Despite our effort, it is possible that situations occur which can make you feel unhappy. Are you dissatisfied? Please let us know, so we can find a solution together.

Afdelingen

Spoedpost

Telefoonnummer	020-634 6200
Openings- en bezoektijden	24 uur per dag
Route	Via ingang Spoedpost (achterzijde van het ziekenhuis)

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Deze download is gemaakt op 31-10-2026 om 12.56 uur.