



INFORMATION FOR PARENTS / CARERS

Toddler's Fracture Information

What is a toddler's fracture?

A toddler's fracture is a fracture of the tibia (the main bone in the lower part of the leg) which happens to younger children (9 months to 4 years old). It is a spiral fracture through the bone, usually caused by a sudden twisting motion.

The symptoms are pain and not wanting to put weight on the injured leg. There may be a small bruise. You may see your child fall over prior to the injury but often there is not an obvious incident.

A toddler's fracture usually heals very well and quickly and is most often managed with just pain killers and rest.

Managing a toddler's fracture

In the children's emergency department we will examine your child and if needed, manage the pain and send your child for an x-ray. The x-ray does not always clearly show a toddler's fracture but if it is suspected the initial treatment would be the same as if the injury was shown on x-ray.

This injury is usually very stable and most children do not require a cast. Not using a cast is safe for toddler's fractures and prevents complications like skin damage and encourages the child to walk sooner.

During this time you should keep your child comfortable by giving regular simple pain killers, if they need it, like infant paracetamol or ibuprofen – especially for the first few days. Also, encourage your child to rest.

As the leg heals, your child will start moving around and then putting weight on the leg when they feel comfortable and able.

Does my child need to be seen again?

As a stable injury, a toddler's fracture does not always require face-to-face follow up. Almost all children will be back to walking normally within a few weeks.

If your child has a toddler's fracture which is not seen on x-ray, they don't need any follow up.

If your child has a fracture which is seen on x-ray you will receive a call from the Virtual Trauma Clinic who will assess your child's progress.

The Virtual Trauma Clinic may arrange face to face follow up. Rarely a cast may need to be placed on the leg at a later date.

What should I watch out for?

You should return to the emergency department if:

- your child is not walking at all by day 14
- your child develops an unexplained fever
- your child has uncontrollable pain
- your child's leg looks abnormal
- you have any concerns about your child and their injury

Contact details:

Emergency Department (24 hours)

Phone: 01274 364012

People with hearing and speech difficulties:

You can contact us using the Relay UK app.
Textphone users will need to dial 18001 ahead of the number to be contacted.

Dial: 18001 01274 364012 – 24 hours

For further advice or if you are concerned, contact NHS 111. Calls are free from landlines and mobile phones.

Accessible Information

If you need this information in another format or language, please ask a member of staff.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

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