



Carpal Bone Fracture

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You will not be routinely followed up.

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 Extended Scope Physiotherapist.

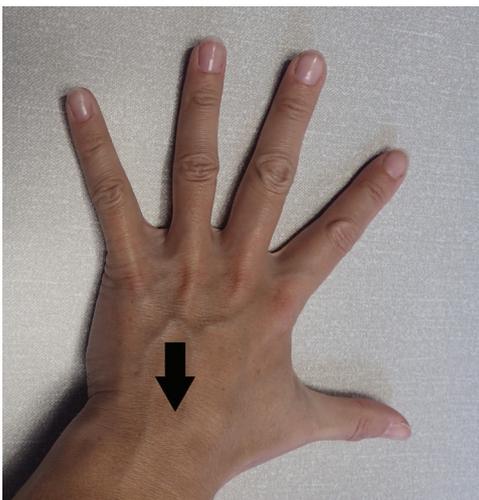
You have broken one of your carpal bones (small bones at the bottom of the hand- see picture). The orthopaedic consultant has assessed this as a small stable fracture.

Healing: This normally takes approximately 4-6 weeks to heal.

Pain & swelling: Take painkillers if you are in pain. You may find your hand will be a bit achy and swollen for a few months after your injury.

Using your hand: You may use the hand as pain allows. You have been given a splint use this to support your hand whilst it heals. It is important to keep the rest of the finger bending to stop it becoming stiff.

Follow up: We do not routinely follow up these injuries as they heal well. However, if you continue to have pain or are limited in what you can do please get in contact with us on the above.



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

Or, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

Or, have any questions, then please phone the number at the top of this letter for advice.

Please follow the Management plan below:

Weeks since injury	Rehabilitation plan
0-3	<ul style="list-style-type: none">✓ Wear the splint for comfort.✓ Move your fingers to prevent stiffness.
3-6	<ul style="list-style-type: none">✓ Try not to use the splint.✓ Start doing your normal activities work within your pain limits.✓ Do the exercises below.
6-12	<ul style="list-style-type: none">✓ The injury has healed.✗ Heavy tasks or lifting may cause discomfort
12	<ul style="list-style-type: none">✗ If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.

Advice for a new injury:

Cold packs:

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short term pain relief.

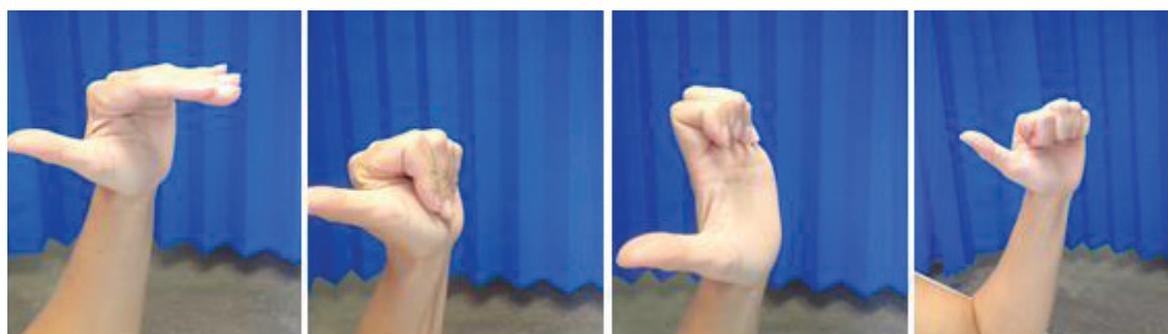
Apply this to the sore area for up to 15 minutes, every few hours ensuring the ice is never in direct contact with the skin.

Smoking cessation

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

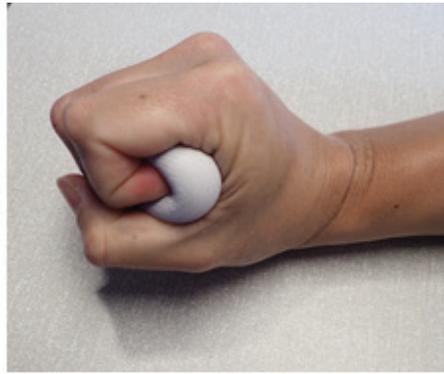
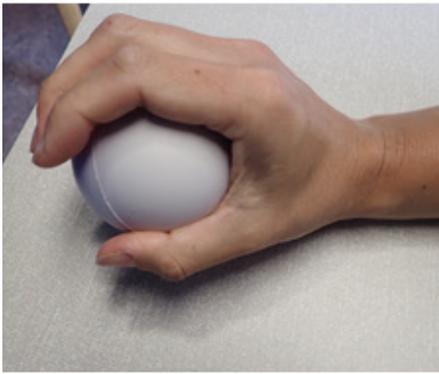
Exercises



Finger exercises:

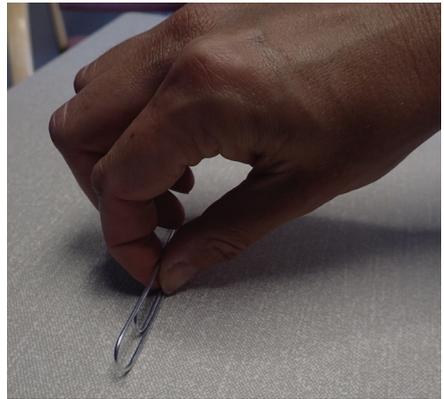
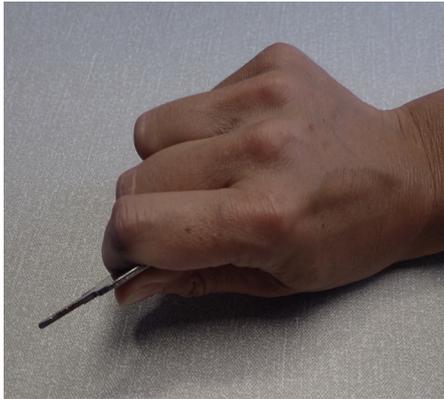
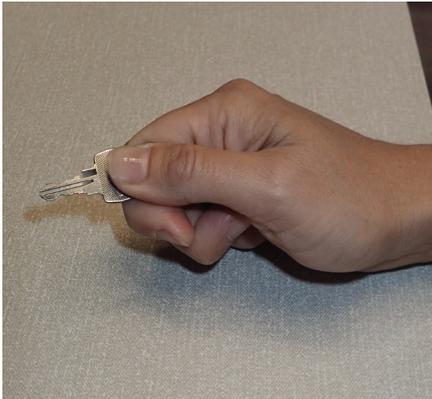
Keep your fingers moving.

Exercises

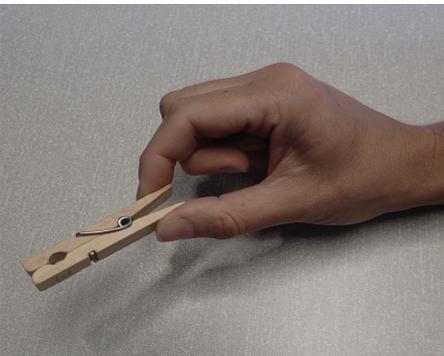
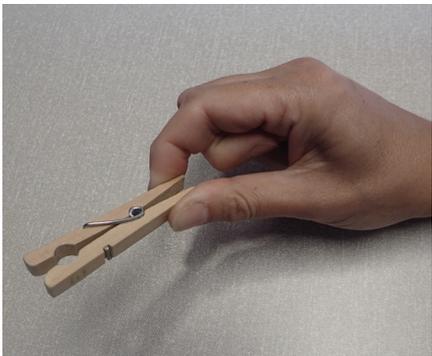


Squeeze a soft ball, playdough, plastic bottle or similar item.

Do this for 30-60 seconds.



Practice hand movements, here are some examples; turning keys, picking up small objects, doing crafts or anything that involves using your hands.



Practice your pinch grip; squeeze objects such as clothes pegs.