



# Hand 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.

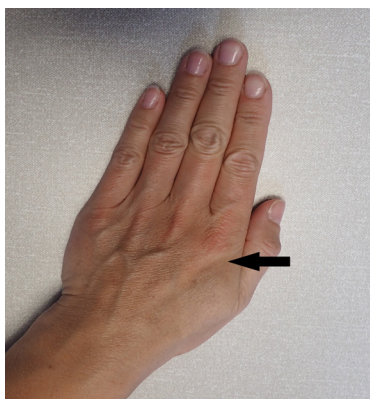
## You have sustained an injury to the head of your 2nd meta carpal (long bone on the outside of your hand).

**Healing:** This normally takes approximately 4-6 weeks to heal. The knuckle on the outside of your hand may look different after this injury- this will not affect how you can do things.

**Pain & swelling:** Take your normal painkillers if it is painful. You may find it continues to be a bit achy and swollen for a few months after your injury. The bandage provided is for comfort, it does not affect how well it heals. Please remove the bandage before going to sleep and reapply on waking.

**Using your hand:** You may use the hand as pain allows.

**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 number.



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.

## 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.

## Please follow the Management plan below:

Weeks since injury	Rehabilitation plan
0-3	<ul style="list-style-type: none"><li>✓ Use the bandage for comfort</li><li>✓ Start the exercises, work within your pain limits</li></ul>
3-6	<ul style="list-style-type: none"><li>✓ Start the stage 2 exercises</li><li>✓ Try to stop using the splint</li><li>✓ Begin using the hand for normal tasks but be guided by your pain levels.</li></ul>
6-12	<ul style="list-style-type: none"><li>✓ The injury has healed.</li><li>✓ Carry out normal tasks</li><li>✗ Heavy tasks or lifting may cause discomfort</li></ul>
12	<ul style="list-style-type: none"><li>✗ If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.</li></ul>

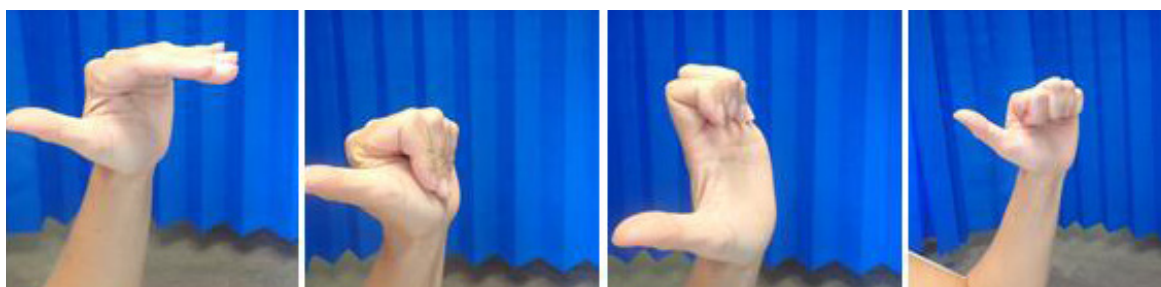
## Advice for a new injury:

### 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. The ice must never be in direct contact with the skin.

### Exercises

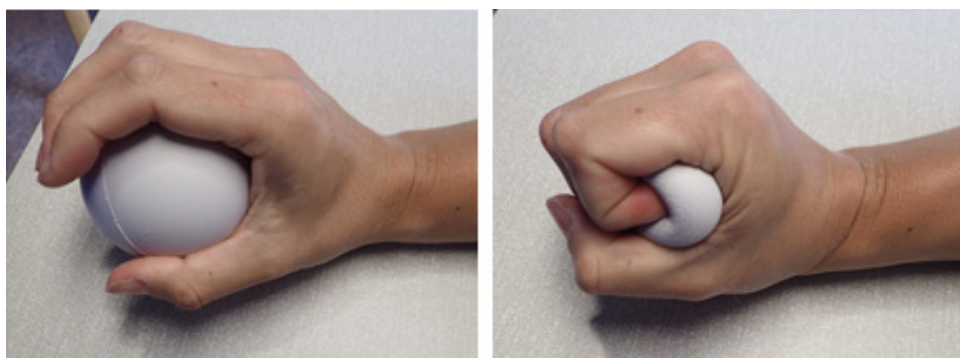


### Finger exercises:

Keep your fingers moving whilst you are in the plaster.

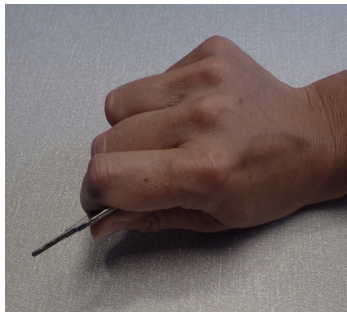
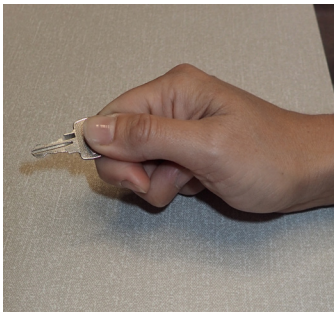
### Exercises:

#### Stage 2 Exercises: after 3 weeks

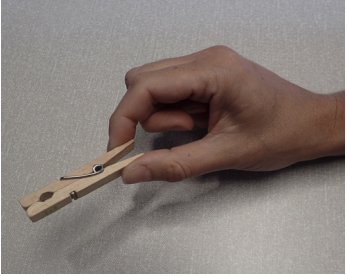
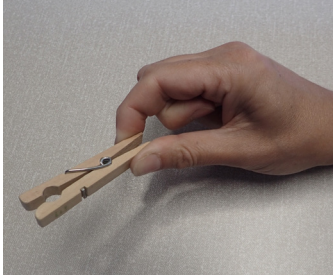


Squeeze a soft ball, playdough, plastic bottle or similar item.

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.