

Advice after a hand fracture (fifth metacarpal)

Virtual Fracture Clinic Patient Information Leaflet

Introduction

You have a minor break near one of your knuckles (please see figure 1).

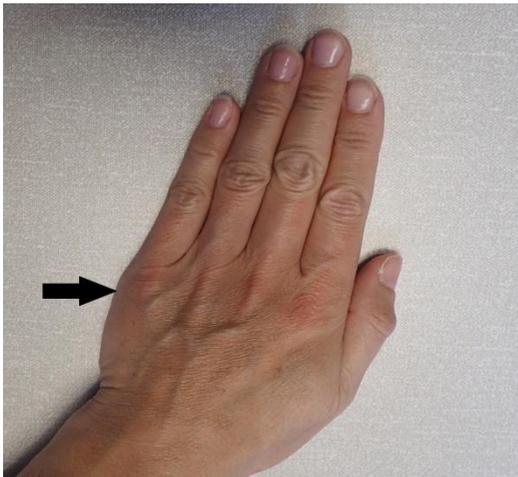


Figure 1 shows where the break is in your hand

If required, we may provide you with a Futuro splint and neighbour strapping to help the pain and allow early movement.

What should I do at home?

- As the break can be close to the joint, you must move your hand as soon as possible, even if this means overcoming the discomfort.
- After three weeks, remove the strapping and splint.
- Use your hand as normally as possible. This will not cause further damage. However, for six to eight weeks **you should avoid all of the following:**
 - heavy lifting (anything heavier than a full cup)
 - gripping
 - carrying
 - resistive activities (any activities that cause resistance in your hand muscles)

How long will it take to heal?

- The break will start to heal within six weeks. However, it may take six to 12 weeks or longer before your hand returns to normal.
- Hand strength is generally very good after this type of injury.
- As the bone heals, a permanent lump may form at the break site and the knuckle may not be as prominent.
- Your finger may be slightly shorter as a consequence of the injury.
- While your injury is healing, you may still experience pain. Take painkillers such as paracetamol or ibuprofen, if you can take them (always read the label; do not exceed the recommended dose).

Splint care

- Wear the splint day and night for the first three weeks.
- To make sure the splint does not get wet, it can be removed for short periods for personal care and to allow you to wash your hands.

Exercises

Do the exercises below four to five times a day:

1. Keeping fingers straight, bend from the knuckle (fig. 1a)
2. Bend the fingers down to reach the palm of your hand (fig. 1b)
3. Bend the top of your fingers (fig. 1c)
4. Curl your fingers into your palm (fig. 1d)

Repeat each exercise 10 times.

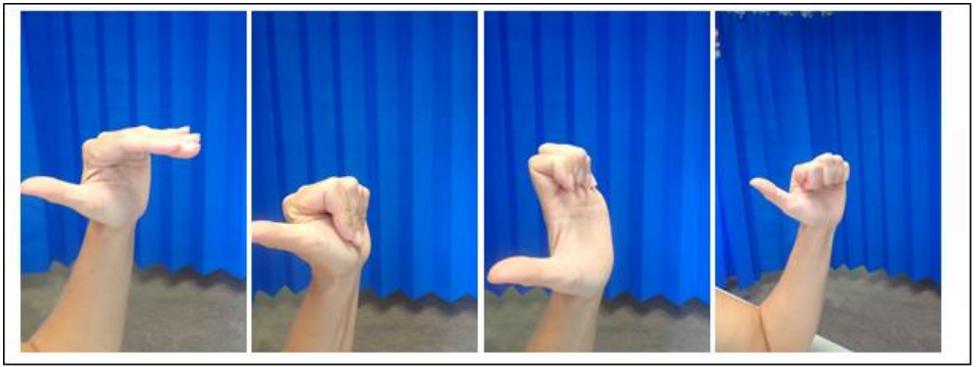


Fig. 1a

Fig. 1b

Fig. 1c

Fig. 1d

If you have any worries or concerns, or need to ask about returning to work or sport, please contact one of the following:

- **Virtual Fracture Clinic helpline on ext. 3547 (9am to 5pm, Monday to Friday) or email dgft.vfc.dudley@nhs.net**
- **Fracture Clinic on 01384 456111 ext. 2220 (9am to 5pm, Monday to Friday)**
- **Emergency Department on 01384 456111 ext. 2300**

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔