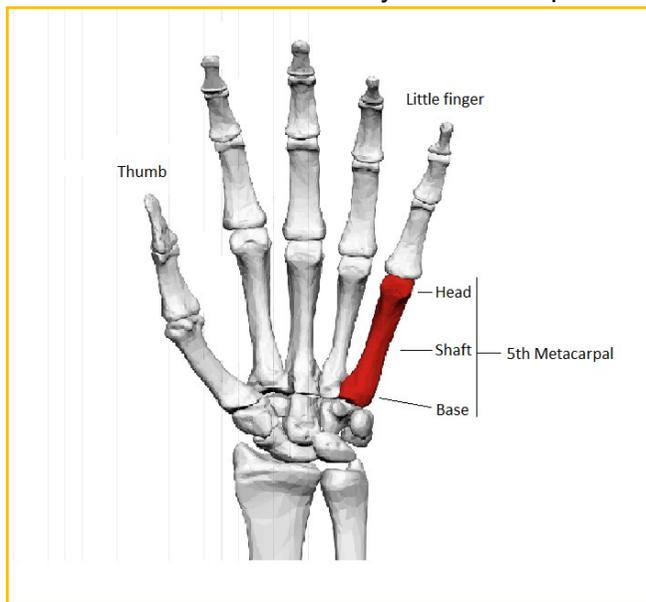


Name:

Date:

A break or crack in a bone is called a fracture.

You have a minor fracture of your Metacarpal



Hand function and grip are generally very good after this type of fracture. This is why we do not need to see you in fracture clinic.

You may find your hand will ache and be a bit swollen for a few months after your injury.

As the bone heals a lump will form at the break site and your knuckle may not be as prominent.

There will be some shortening of the metacarpal expected as a result of the injury.

5th metacarpal neck fracture

A minor fracture near the metacarpal head (knuckle) is often called a Boxers' fracture. These usually improve well over 3 weeks.

Strapping the little finger to the ring finger helps the pain and allows early movement.

Because the break is near the joint it is good to move your hand as soon as possible with the strapping. This will help overcome joint stiffness.

After one week remove the strapping

Use your hand as normally as possible. This will not cause further damage.

Heavy lifting may be sore for up to 8 weeks.



Metacarpal shaft fracture

A minor fracture in the shaft of one of the Metacarpal bones is treated with a removable splint and finger strapping.

Wear the splint and strapping for support during the first 4 weeks. Keep using your hand for light tasks.

After 4 weeks start taking the splint off to use your hand until you don't need the splint any more.

You should be free from the splint by 6 weeks.

Heavy tasks may be uncomfortable for up to 12 weeks.



Get checked if...

you continue to have pain beyond 12 weeks or are limited in what you can do.

If things get worse or you are worried.

If you have any questions please get in touch or see your GP.

Smoking cessation

Smoking has been shown to increase fracture healing time. In some cases it can stop healing altogether.

Stopping smoking while your fracture heals will help you make a good recovery.

Stopping smoking for good will be even better for you.

Further information can be found at :

www.nhs.uk/smokefree



Further healthcare information can be found at:

www.patient.co.uk
www.nhs.uk

www.whitstablemedicalpractice.co.uk
>Local services >Virtual fracture clinic

For real time updates on East Kent MIU and A&E current waiting times please download the WaitLess app.



Estuary View Minor Injuries Unit

Boorman Way
Whitstable
Kent
CT5 3SE
01227 284309

Open 8am to 8pm every day



Metacarpal Fractures

Information for patients

www.whitstablemedicalpractice.co.uk
>Local services >Virtual fracture clinic