

Virtual Fracture Clinic  
Orthopaedic Department  
York Teaching Hospital

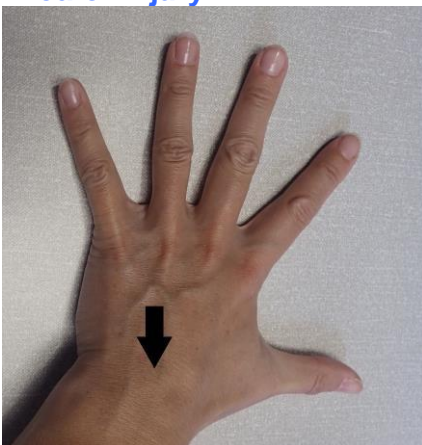
This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Physiotherapist.

**You have broken one of your carpal bones (small bones at the bottom of the hand- see picture).**

- Healing:** This normally takes approximately 4-6 weeks to heal. The cast is to help the bones heal you will need it for 6 weeks. If you are having problems or discomfort with the cast please get in touch.
- Pain and swelling:** Take pain killers as prescribed.
- Using your hand:** You may use the hand as pain allows.
- Follow up:** we will arrange for an appointment in 4-6 weeks to remove the cast and to be seen by one of the hand team.

If you have not received an appointment letter for this please contact us on the email or telephone number below.

**Area of injury:**



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 Fracture Care Team for advice.

**York Virtual Fracture Clinic Contact details:**

**Phone:** 01904 726575

**Scarborough Trauma Assessment and Treatment Unit (TATU):**

**Phone:** 01723 342021 / 07385 463781

**Email:** virtualfractclinic@york.nhs.uk

Please follow the plan:

Weeks since injury	Plan
0- 6	✓ Your arm will be in a cast for 4- 6 weeks
6 -12	✓ Appointment to remove the cast and be seen by the hand team ✓ The injury has healed. ✗ Heavy tasks or lifting may be uncomfortable.
12	✗ If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.

### Advice for a new injury

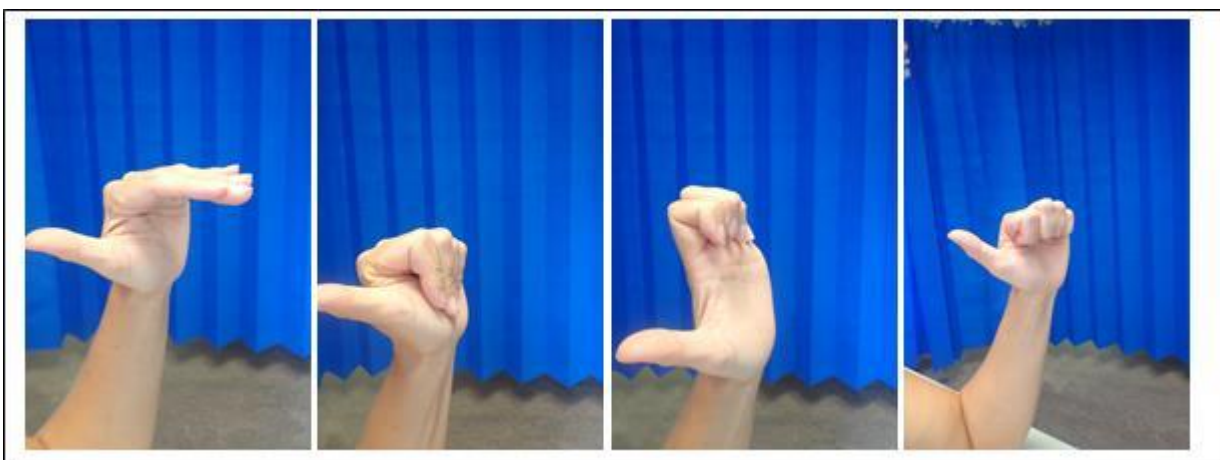
#### Cold packs:

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

**Stop smoking:** Medical evidence suggests that smoking increases the time it takes for a fracture to heal. In extreme cases it can stop healing altogether. Stopping smoking during the healing phase of your fracture will help ensure the best 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.



#### York Virtual Fracture Clinic Contact details:

Phone: 01904 726575

Scarborough Trauma Assessment and  
 Treatment Unit (TATU):

Phone: 01723 342021 / 07385 463781

Email: virtualfractclinic@york.nhs.uk

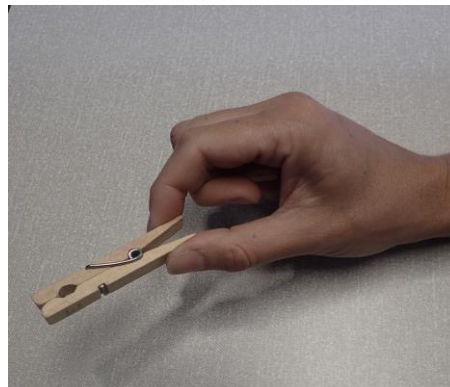
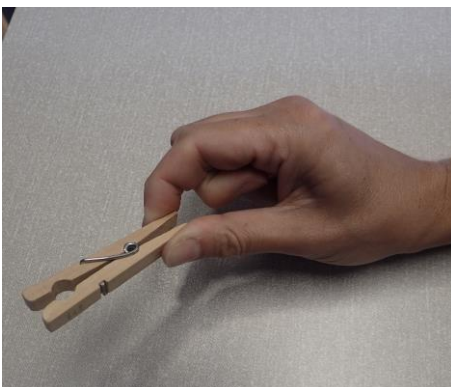
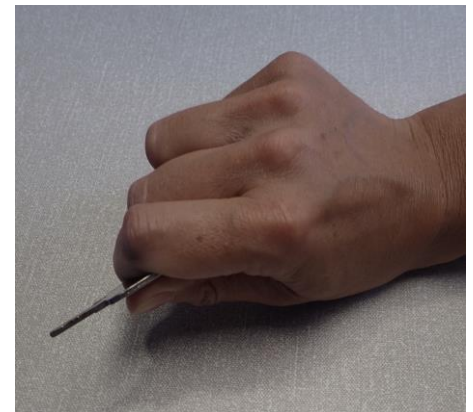
**Exercises:**



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.

**York Virtual Fracture Clinic Contact details:**

**Phone:** 01904 726575

**Scarborough Trauma Assessment and Treatment Unit (TATU):**

**Phone:** 01723 342021 / 07385 463781

**Email:** [virtualfractclinic@york.nhs.uk](mailto:virtualfractclinic@york.nhs.uk)