

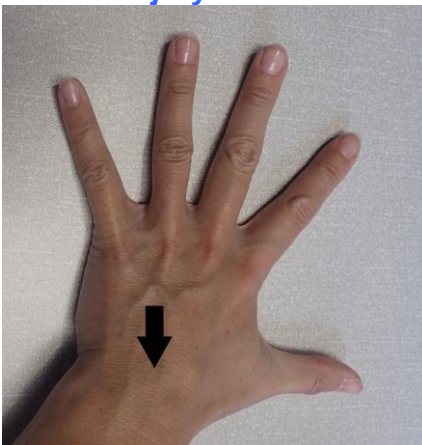
Outpatient Fracture Care Team
Orthopaedic Department
York Teaching Hospital

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 sustained a soft tissue injury to your hand. This means there is no bony injury but you may have hurt the structures around them.

- Healing:** This normally takes approximately 2-4 weeks to heal. If you have been given a splint this is for comfort and doesn't affect the rate of healing.
- Pain and swelling:** Take pain killers as prescribed.
- Using your hand:** You may use the hand as pain allows.
- Follow up:** This type of injury heals well and you will not need a follow up.

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.
(see map attached)

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- 2	<ul style="list-style-type: none"> ✓ Use the splint for comfort ✓ You can take the splint off for sleeping if you prefer ✓ You can gently start the exercises below to help get normal movement back in your hand.
2-4	<ul style="list-style-type: none"> ✓ Try to start doing normal activities without the splint (start gently) ✓ The injury has healed. ✗ Heavy tasks or lifting may be uncomfortable.
6	<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. The ice must never be in direct contact with the skin.

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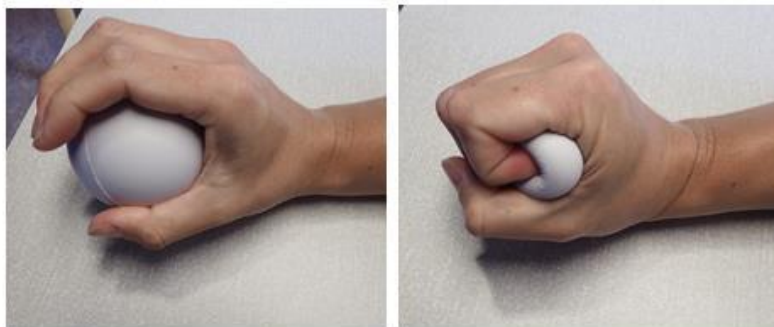
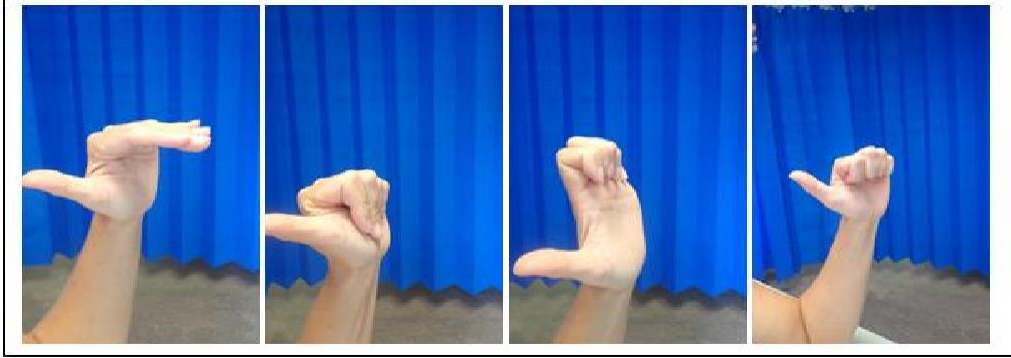
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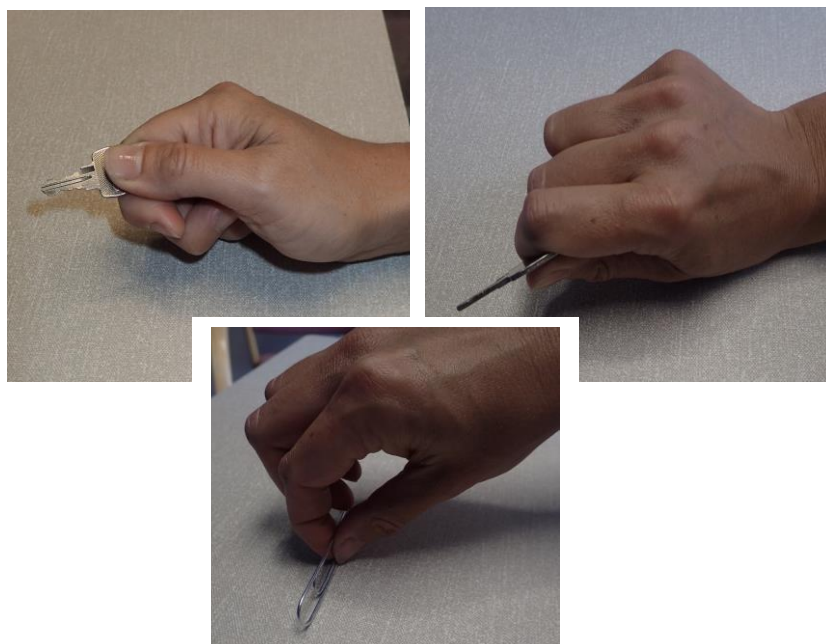
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Exercises:



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.

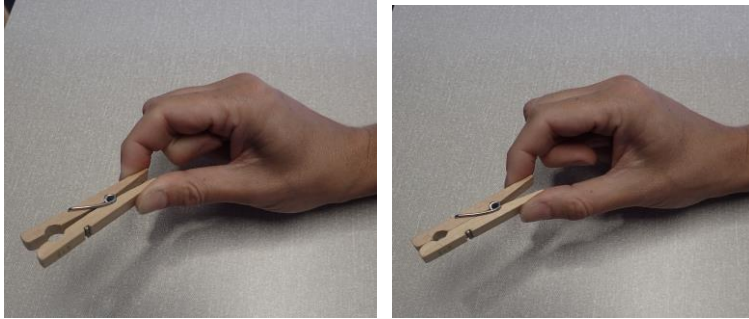
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Practice your
pinch grip;
squeeze objects
such as clothes
pegs.

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