

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 your phalanx (finger).

- Healing:** This normally takes approximately 4-6 weeks to heal.
- Pain and 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.
- Using your hand:** You may use the hand as pain allows. You can strap your fingers together for comfort.  
It is important to keep the rest of the fingers bending to stop them becoming stiff.
- 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 below number or e mail.

### Picture of Finger buddy strapping



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 - 3	<ul style="list-style-type: none"> <li>✓ Use the strapping for comfort</li> <li>✓ Keep your fingers moving to prevent stiffness –see exercises</li> </ul>
3- 6	<ul style="list-style-type: none"> <li>✓ Try not to use the strapping</li> <li>✓ Move your injured finger-see exercises stage 2</li> </ul>
6 -12	<ul style="list-style-type: none"> <li>✓ The injury has healed.</li> <li>✓ Return to normal activities</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.

**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.

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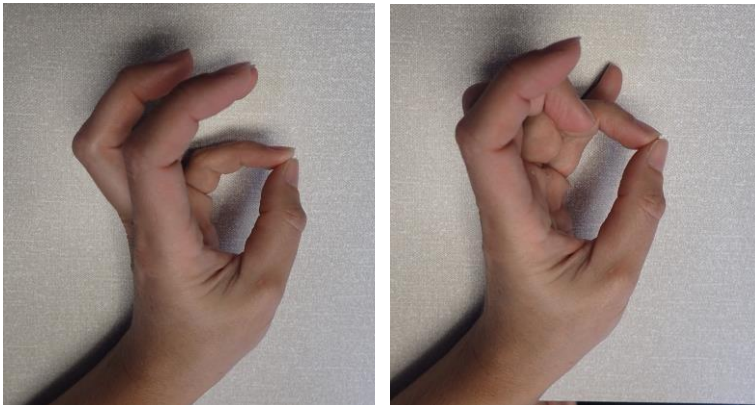
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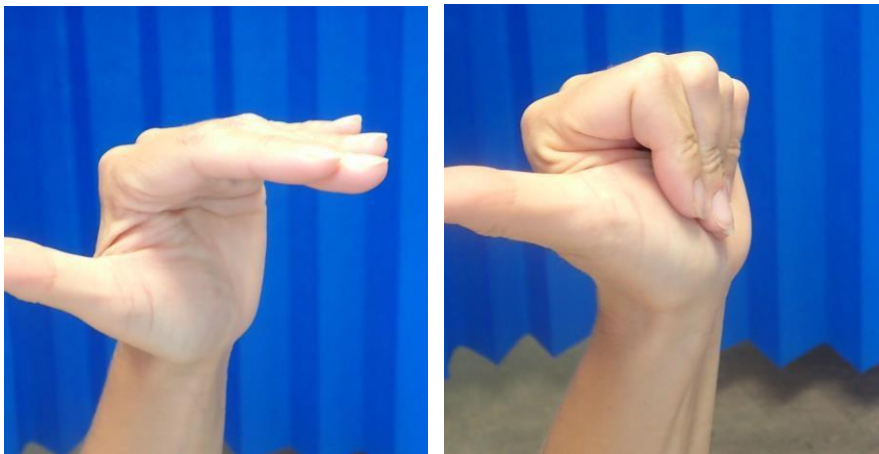
**Exercises:**

Do these exercises several times a day



Touch each finger to your thumb.

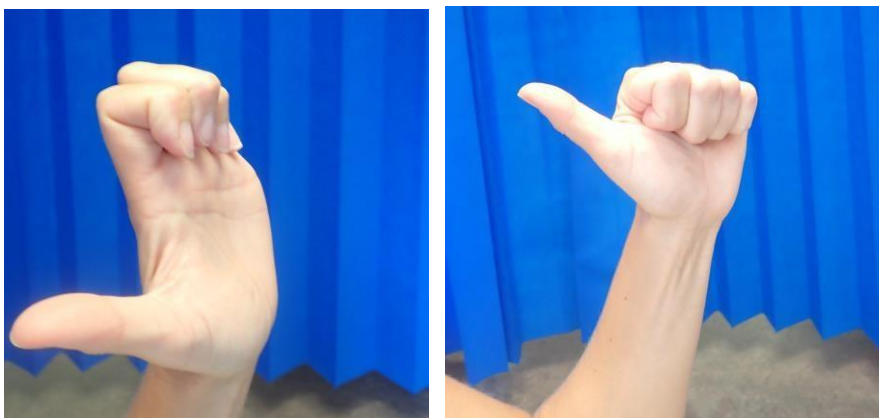
Repeat x 5



Bend and straighten all the joints in your fingers as shown.

Do not force the movement, work within your limits.

Repeat x 5



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## Stage 2 Exercises:



Use your other hand to keep your finger steady and bend and straighten the finger joint nearest your palm.

Repeat x 5



Use your other hand to keep your finger steady and bend and straighten the finger joint nearest the end of your finger.

Repeat x 5

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