

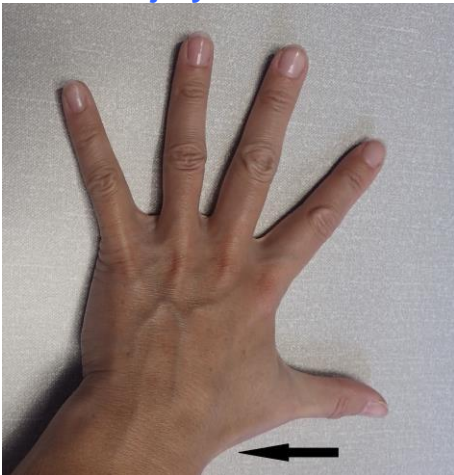
Outpatient Fracture Care Team  
Orthopaedic Department  
York teaching Hospital

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.

**We have not seen a fracture on your x ray, however as you have pain in the area of the wrist under your thumb we want to monitor you for a scaphoid injury. This bone is hard to assess with an x ray. We therefore recommend you follow the advice below.**

- Healing:** This is likely to be a wrist sprain which normally takes approximately 2-4 weeks to heal. If your scaphoid is affected it will take 6 weeks to heal.
- Pain and swelling:** Take pain killers as prescribed.
- Using your hand:** You may use the hand as pain allows if you are wearing the splint.
- Follow up:** Scaphoid clinic within 2 weeks.

**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):

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"> <li>✓ Use the splint for comfort</li> <li>✓ You can take the splint off for sleeping if you prefer</li> <li>✓ You can gently start the exercises below to help get normal movement back in your hand.</li> <li>✓ <b>IF YOU STILL JHAVE SIGNIFICANT WRIST PAIN CONTACT US</b></li> <li>✓ <b>Otherwise continue with the plan below</b></li> </ul>
2-4	<ul style="list-style-type: none"> <li>✓ Try to start doing normal activities without the splint (start gently)</li> <li>✓ The injury has healed.</li> <li>✗ Heavy tasks or lifting may be uncomfortable.</li> </ul>
6	<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.

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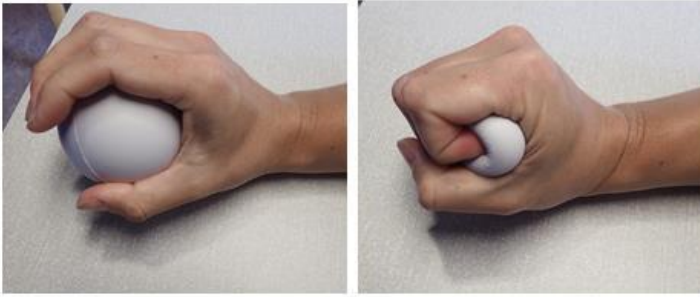
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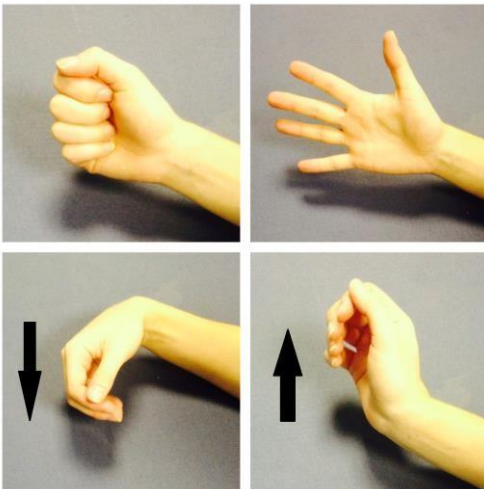
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**Exercises:**



**Squeeze a soft ball, playdough, plastic bottle or similar item.**

**Do this for 30-60 seconds**



**Finger and wrist flexion and extension**

Open and close your hand as shown 10-15 times.  
Then move your wrist up and down 10-15 times.

After a few days, hold a soft ball / ball of socks.  
Squeeze the ball as hard as possible without pain.

Hold for 5 seconds and repeat 10 times.

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