

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 the bone at the bottom of your thumb- see below

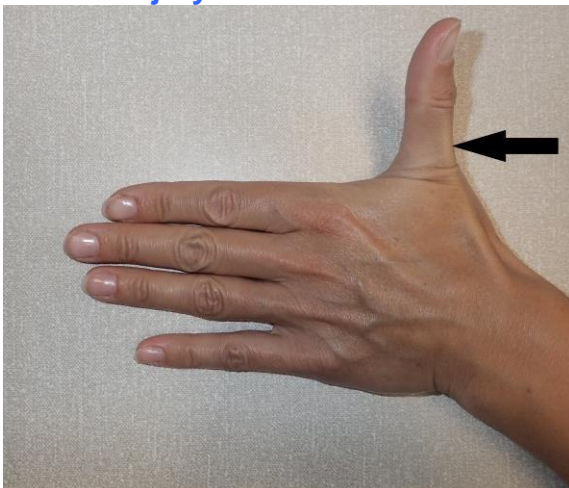
Healing: This normally takes approximately 4-6 weeks to heal.

Pain and swelling: Take your normal painkillers if you are in pain .
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 may have been given a splint, this is to make you more comfortable it does not change how the fracture heals.
It is important to use the hand and keep the rest of the finger bending to stop it 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 number or e mail 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.
(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"> ✓ Use the splint if supplied to make it more comfortable ✓ You may also wish to use it in busy areas where it may get knocked ✓ Do the exercises below but work with in your pain limits ✓ Keep your fingers moving to prevent stiffness
3- 6	<ul style="list-style-type: none"> ✓ Try not to use the splint ✓ Try to use your injured thumb-see exercises stage 2
6 -12	<ul style="list-style-type: none"> ✓ The injury has healed. ✓ Return to normal activities
12	<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.

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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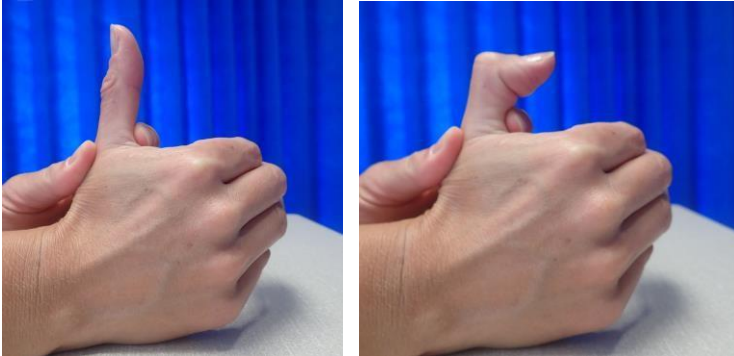
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Exercises:

Do these exercises several times a day

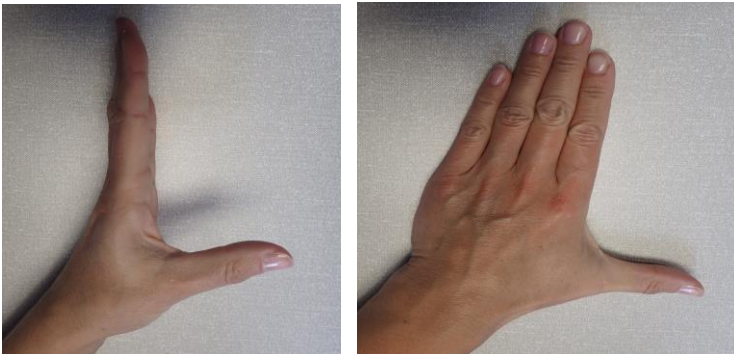


Use your other hand to keep your thumb steady and bend and straighten the joint.

Repeat x 5

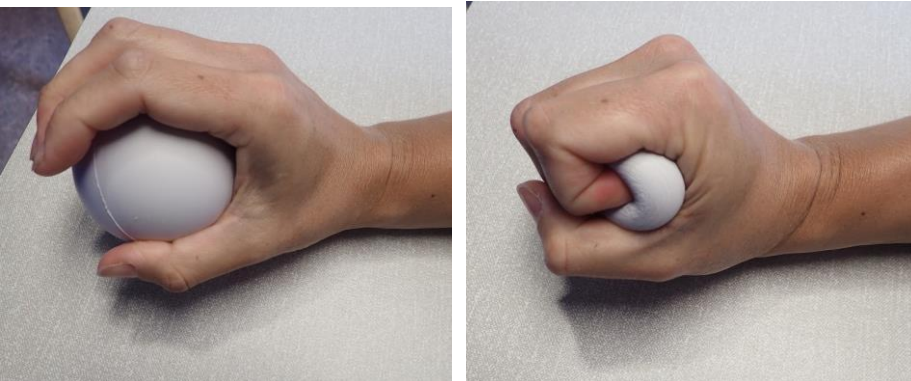
With your hand on its side (thumb up) move your thumb out into an L shape.

Repeat x 5



Lie your palm flat on a table and move your thumb out to the side and back.

Repeat x 5



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

Do this for 30-60 seconds.

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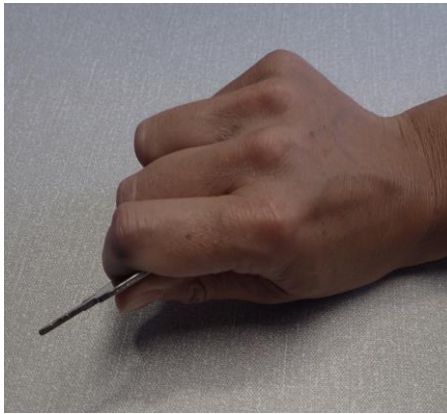
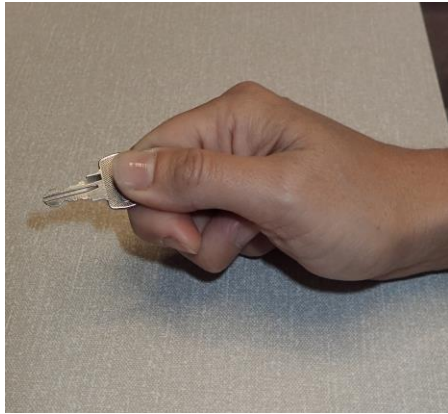
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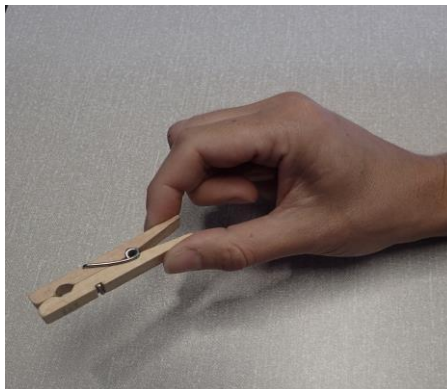
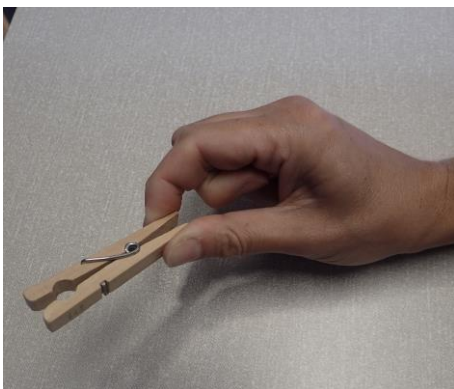
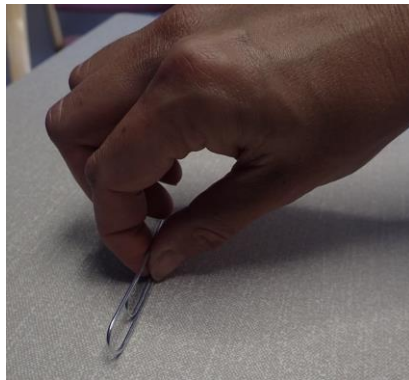
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Stage 2 exercises:



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.

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