

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 sustained an injury to the head of your 2<sup>nd</sup> meta carpal (long bone on the outside of your hand)**

- Healing:** This normally takes approximately 4-6 weeks to heal. The knuckle on the outside of your hand may look different after this injury- this will not affect how you can do things
- 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.  
The splint provided is for comfort, it does not affect how well it heals.
- Using your hand:** You may use the hand, work with your pain limits.  
It is important to 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, then please phone the Fracture Care Team for advice.

**York Virtual Fracture Clinic Contact details:**

**Phone:** 01904 726575

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

Please follow the plan:

Weeks since injury	Plan
0- 3	<ul style="list-style-type: none"> <li>✓ Use the splint for comfort</li> <li>✓ Start the exercises, work within your pain limits</li> </ul>
3- 6	<ul style="list-style-type: none"> <li>✓ Start the stage 2 exercises</li> <li>✓ Try to stop using the splint</li> <li>✓ Begin using the hand for normal tasks but be guided by your pain levels.</li> </ul>
6 -12	<ul style="list-style-type: none"> <li>✓ The injury has healed.</li> <li>✓ Carry out normal tasks</li> <li>✗ Heavy tasks or lifting may cause discomfort</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.

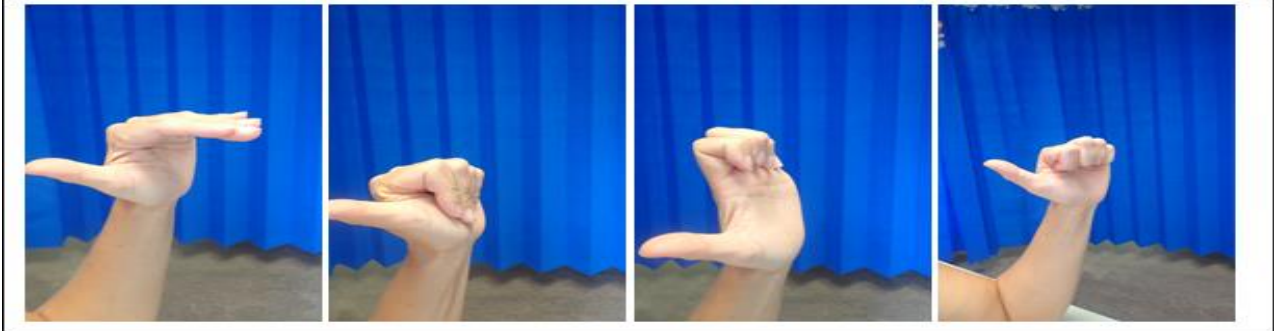
For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

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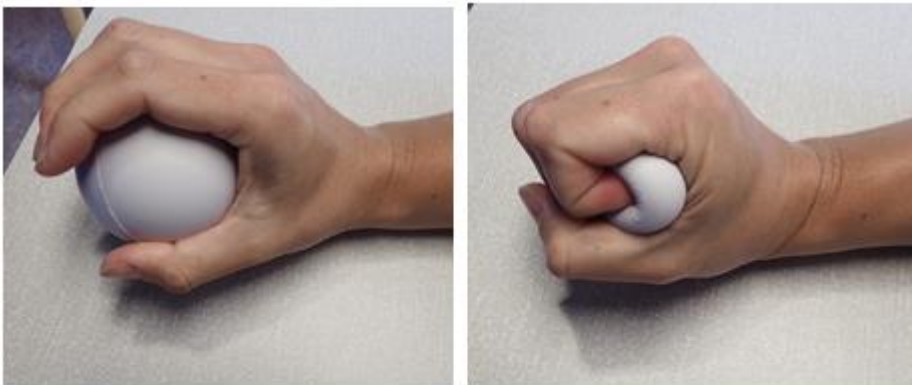
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**Initial Exercises:**



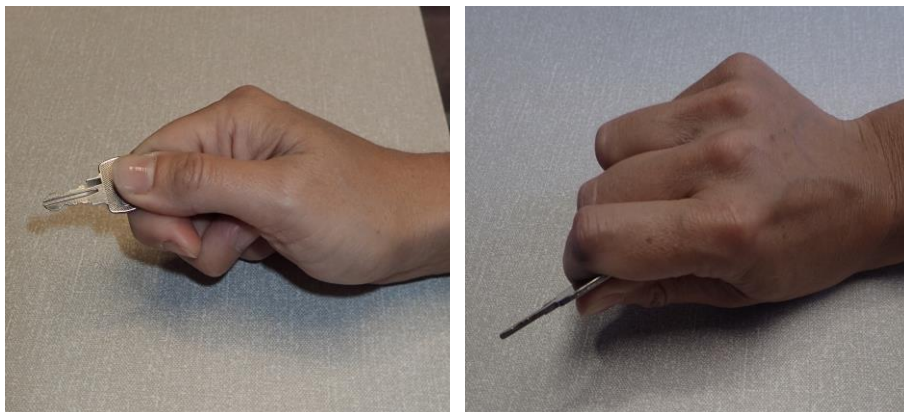
**Exercises:**

**Stage 2 Exercises: after 3 weeks**



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

Do this for 30-60 seconds.

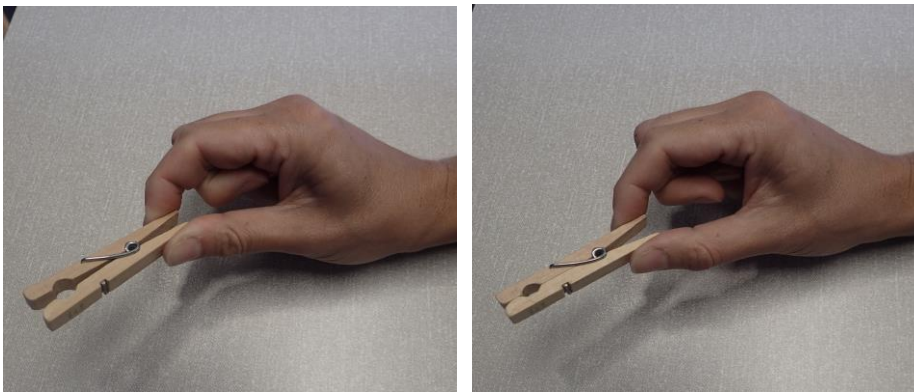
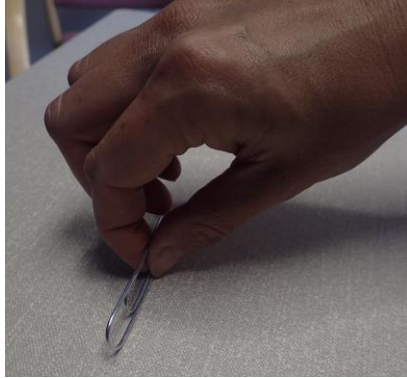


Practice hand movements, here are some examples; turning keys, picking up small objects, doing crafts or anything that involves using your hands.

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

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