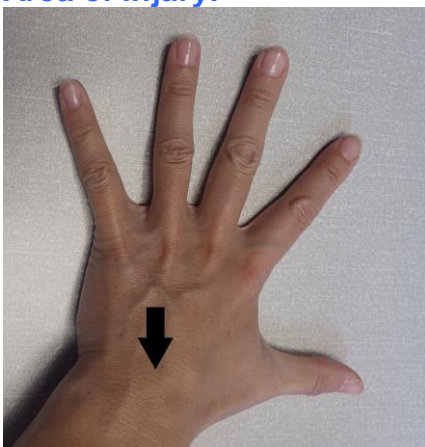


This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Physiotherapist.

You have broken one of your carpal bones (small bones at the bottom of the hand- see picture). The orthopaedic consultant has assessed this as a small stable fracture.

- Healing:** This normally takes approximately 4-6 weeks to heal.
- Pain and swelling:** Take painkillers if you are in pain. You may find your hand will 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 have been given a splint use this to support your hand whilst it heals. 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 above

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

Email: virtualfractclinic@york.nhs.uk

Please follow the plan below:

Weeks since injury	Plan
0 - 3	<ul style="list-style-type: none"> ✓ Wear the splint for comfort. ✓ Move your fingers to prevent stiffness
3- 6	<ul style="list-style-type: none"> ✓ Try not to use the splint ✓ Start doing your normal activities work within your pain limits. ✓ Do the exercises below
6 -12	<ul style="list-style-type: none"> ✓ The injury has healed. ✗ Heavy tasks or lifting may cause discomfort
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.

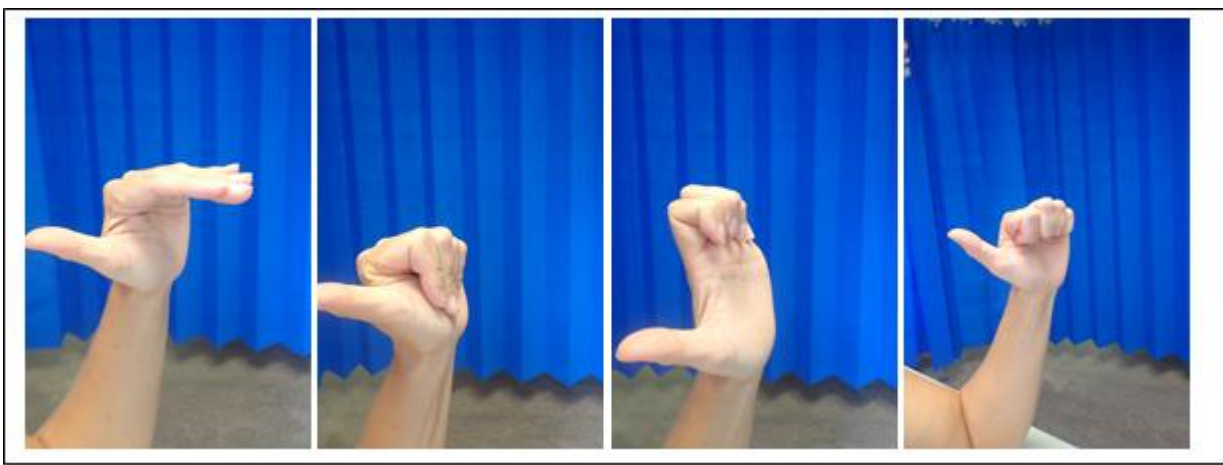
Advice for a new injury

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.

Exercises

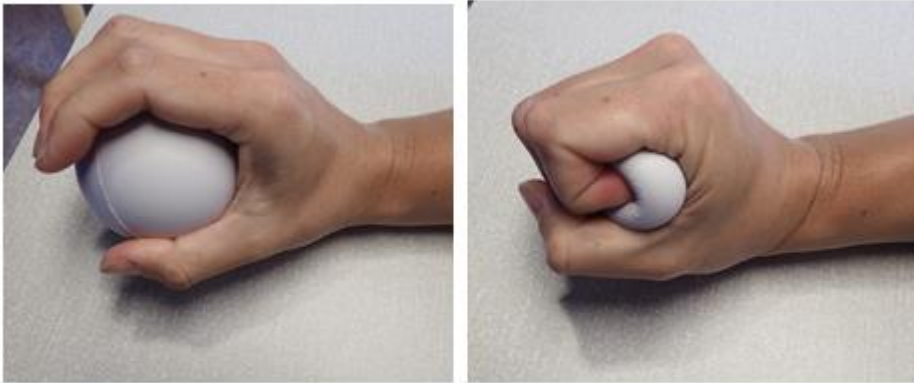


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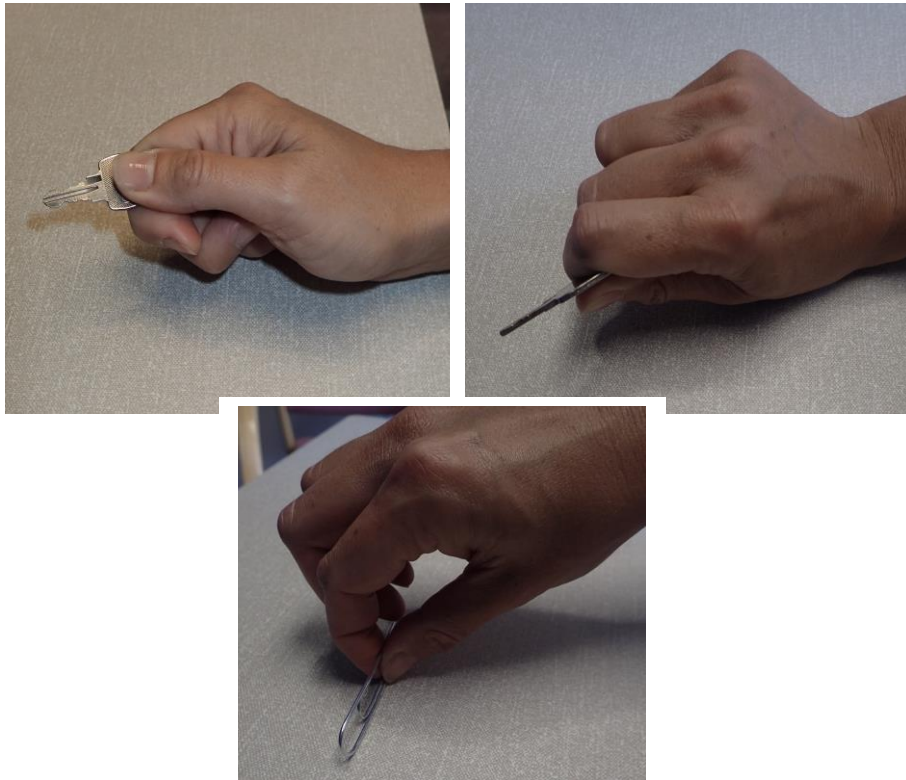
Email: virtualfractclinic@york.nhs.uk

Exercises:

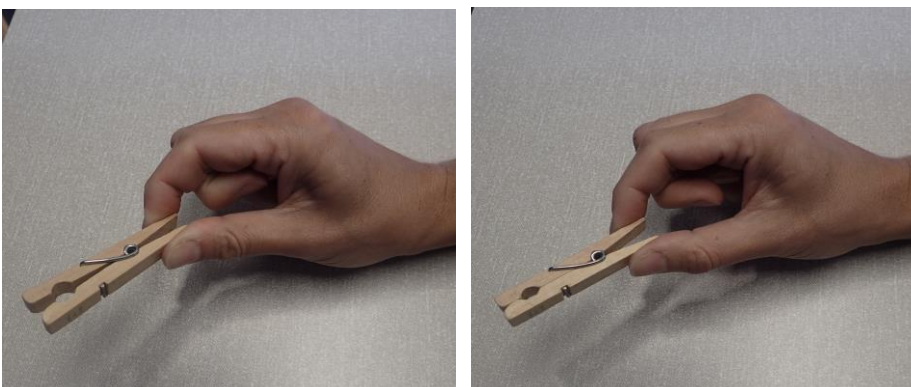


Squeeze a soft ball, playdough, plastic bottle or similar item.

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.



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