

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 neck of your 5th meta carpal (long bone on the outside of your hand)

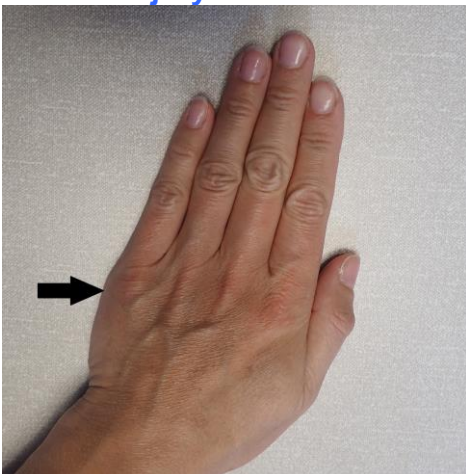
Healing: This normally takes approximately 4-6 weeks to heal. The knuckle on the outside of your hand may look different after this injury- this will not affect how you can do things

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.

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 above number or e mail.

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 below:

Weeks since injury	Plan
0- 3	<ul style="list-style-type: none"> ✓ Move your hand within your pain limits ✗ No contact sports e.g. football
3- 4	<ul style="list-style-type: none"> ✓ Begin using the hand for normal tasks but be guided by your pain levels.
4-6	<ul style="list-style-type: none"> ✓ The injury has healed. ✓ Carry out normal tasks ✗ Heavy tasks or lifting may cause discomfort
6	<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.

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