

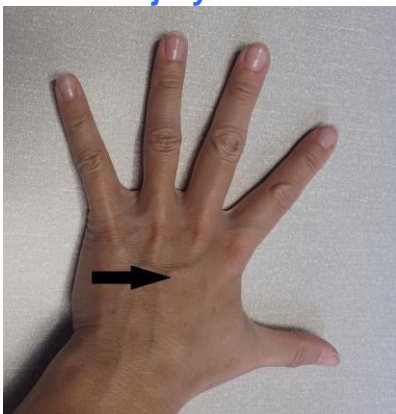
Virtual Fracture Clinic
Orthopaedic Department
York Teaching Hospital

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 one of your metacarpal bones (long bones in your hand).

- 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 fingers bending to stop them 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 below 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,

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"> ✓ Wear the splint for comfort. ✓ Move your fingers to prevent stiffness- see exercises below
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 stage 2 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.

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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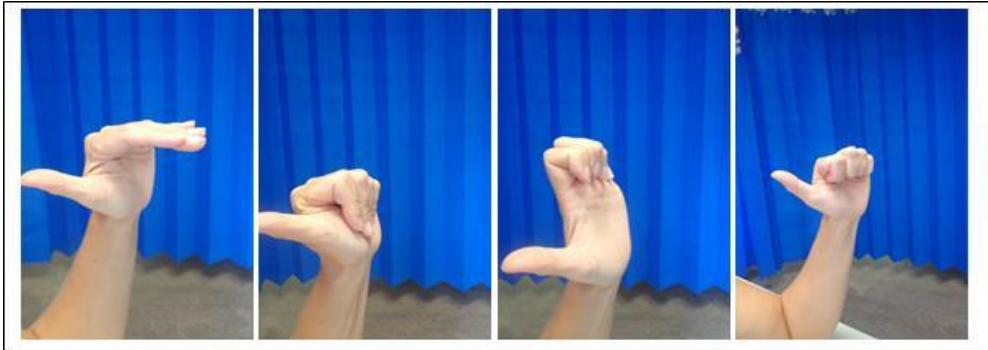
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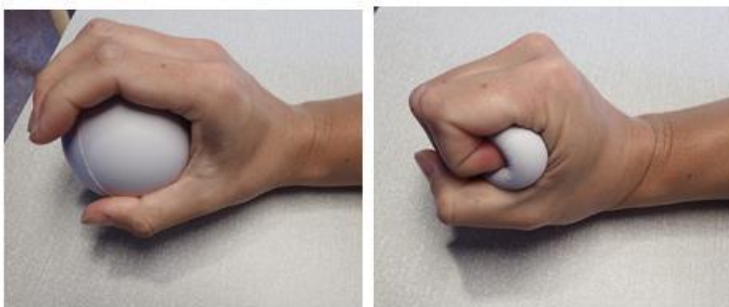
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Exercises:



Gently move your fingers



Gently squeeze a soft ball, playdough, plastic bottle or similar item.

Do this for 30-60 seconds a few times a day. Do not force the hand and stay within your pain limits

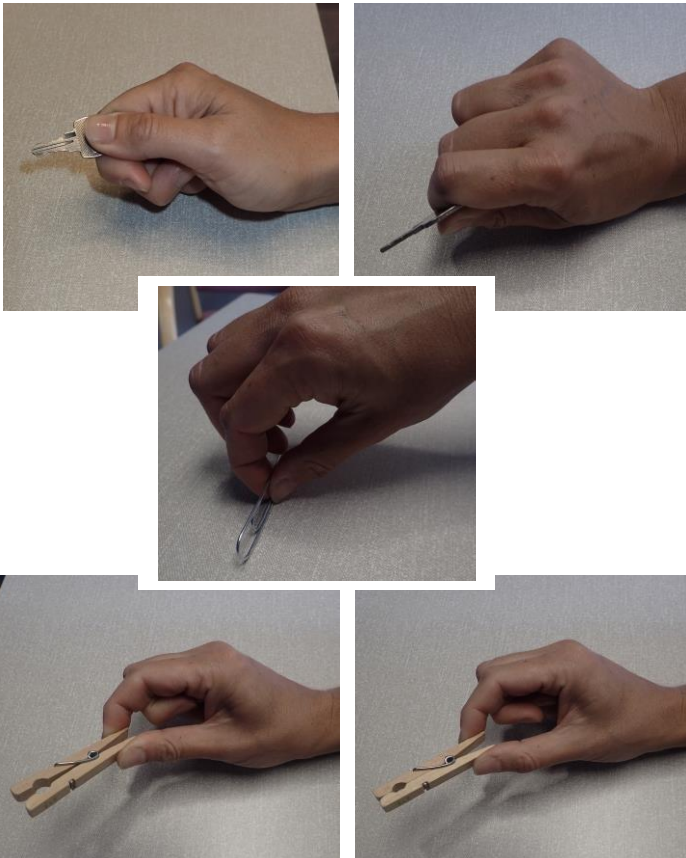
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Practice hand movements, here are some examples; turning keys, picking up small objects, doing crafts or anything that involves using your hands.

You can also practice your pinch grip; squeeze objects such as clothes pegs.

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