

Carpal or Metacarpal Fracture

Hand 2

Fracture Care Team: Shared Care Plan

Trust Switchboard for both sites: 0300 131 4500

Fracture clinic and orthopaedic outpatient appointments:

Eastbourne 0300 131 4788

Conquest 0300 131 4861

Casting Department: Eastbourne 0300 131 5564

Casting Department: Conquest 0300 131 4860

This information leaflet explains the ongoing management of your injury.

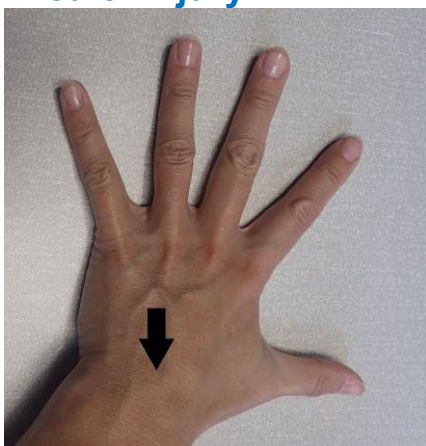
You have broken one of your carpal bones (small bones at the bottom of the Hand) or a Metacarpal bone - see picture).

Healing: This normally takes approximately 6 weeks to heal. The cast or splint is to help the bones heal. You may need it for 6 weeks. If you are having problems or discomfort with a cast please get in touch.
After a metacarpal fracture, the knuckle joint may look different, but this will not affect how your hand functions.

Pain and swelling: Take pain killers as required.

Using your hand: You may use the hand as pain allows.

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, please phone the Fracture Care Team for advice.

Please follow the management / rehabilitation plan

| Weeks since injury | Plan |
|--------------------|---|
| 0 - 6 | <ul style="list-style-type: none">✓ Your arm will be in a cast or splint for 4 - 6 weeks✓ Your cast will be removed at your fracture clinic appointment.✓ Move your fingers to prevent stiffness- see exercises below |
| 6 -12 | <ul style="list-style-type: none">✓ The injury should have healed.✗ Heavy tasks or lifting may be uncomfortable. |
| 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.

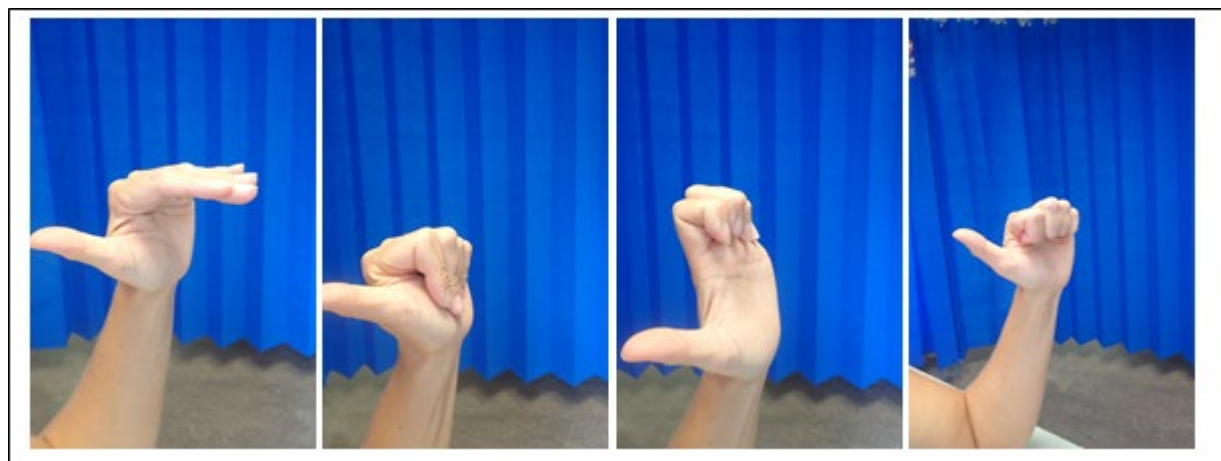
Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

Smoking cessation

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

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

Exercises

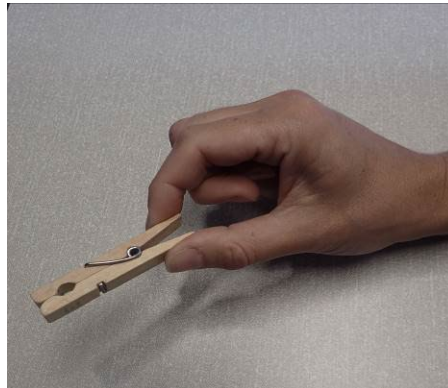
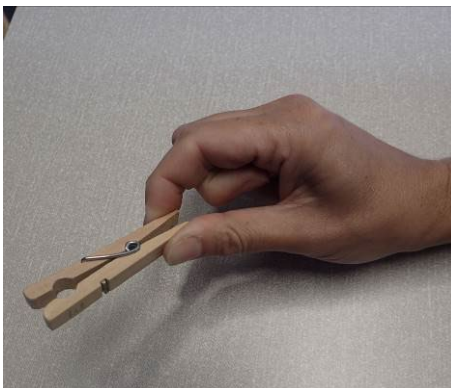




Squeeze a soft ball, playdough, plastic bottle or similar item.

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.

Sources of information

This information leaflet has been developed by the Fracture Care Team at Brighton and Sussex University Hospitals Fracture Care Team and adapted for use at East Sussex Healthcare NHS Trust. Information been updated during the COVID-19 pandemic to ensure that patients with injuries have information, support and care despite social distancing.

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse, practitioner or doctor.

Reference

Thank you to the Brighton and Sussex University Hospitals NHS Trust and to Kate Weatherly, Specialist Orthopaedic Practitioner for the first version.

This leaflet can also be found at www.esht.nhs.uk/leaflet/carpal-fracture-for-review/

The following clinicians have been consulted and agreed this patient information:

Mr Guy Selmon – Consultant Orthopaedic Surgeon; Prof Scarlett McNally - Consultant Orthopaedic Surgeon
Miss Miranda Champion - Consultant Orthopaedic Surgeon; Helen Harper-Smith – Professional Lead
Physiotherapist; Hilary Kircher – Clinical / Operational Lead Outpatient Physiotherapist

The directorate group that has agreed this patient information leaflet: Diagnostic, Anaesthetic and Surgery - Orthopaedics

Next review date: September 2025
Responsible clinician/author: Helen Harper-Smith - Lead Orthopaedic Physiotherapist
Prof Scarlett McNally – Consultant Orthopaedic Surgeon

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