

## Hand or Wrist Soft Tissue Injury

Hand 15

### 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

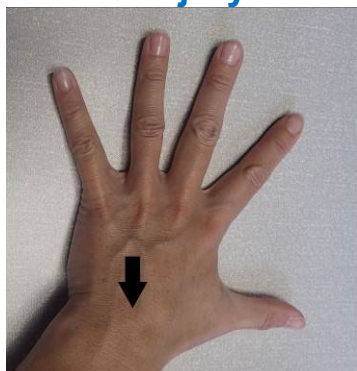
Casting Department: Conquest 0300 131 4860

This information leaflet explains the ongoing management of your injury.

**You have sustained a soft tissue injury to your hand or wrist. This means there is no bony injury but you may have hurt the structures around them.**

<b>Healing:</b>	This normally takes approximately 4 – 6 weeks to fully heal. If you have been given a splint this is for comfort and doesn't affect the rate of healing.
<b>Pain and swelling:</b>	Take pain killers as required.
<b>Using your hand:</b>	You may use the hand as pain allows.
<b>Follow up:</b>	This type of injury heals without hospital treatment and you will not need a follow up.

### 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** if you have any questions, please phone the Fracture Care Team for advice.

## Please follow the plan:

Weeks since injury	Plan
0 - 3	<ul style="list-style-type: none"><li>✓ Use the splint for comfort</li><li>✓ You can take the splint off for sleeping if you prefer</li><li>✓ You can gently start the exercises below to help get normal movement back in your hand.</li></ul>
3 - 6	<ul style="list-style-type: none"><li>✓ Try to start doing normal activities without the splint (start gently)</li><li>✓ The injury has healed.</li><li>✗ Heavy tasks or lifting may be uncomfortable.</li></ul>
6	<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>

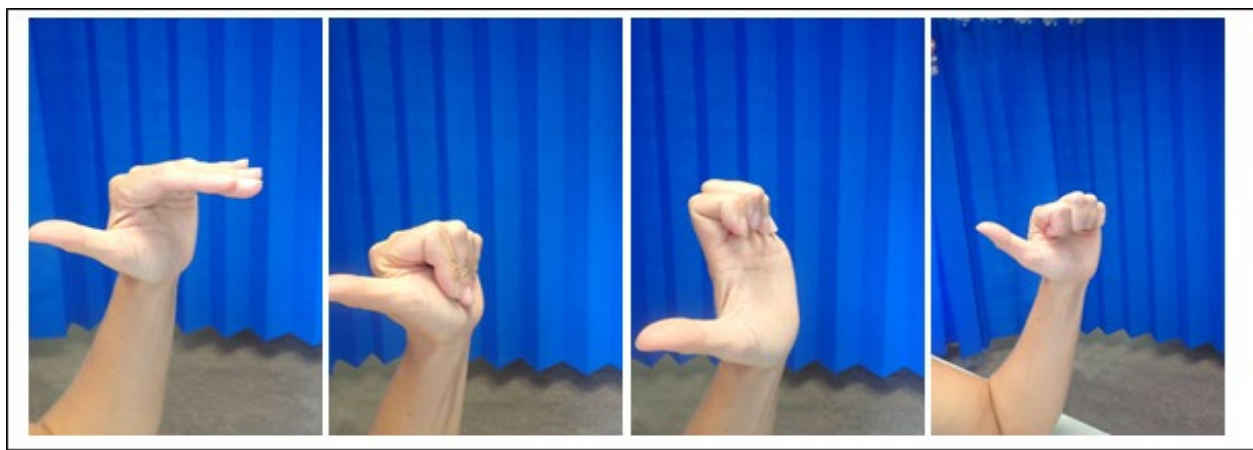
## Advice for a new injury

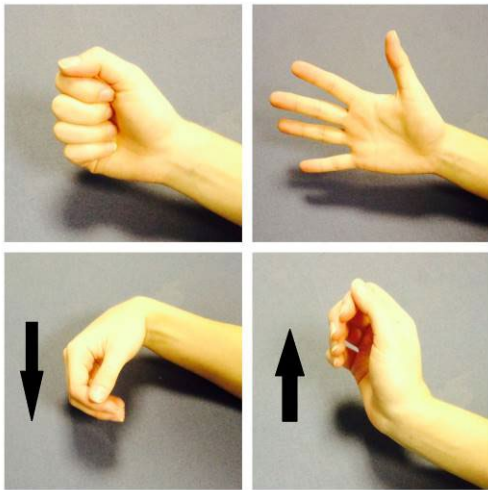
### Cold packs:

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.

## Exercises



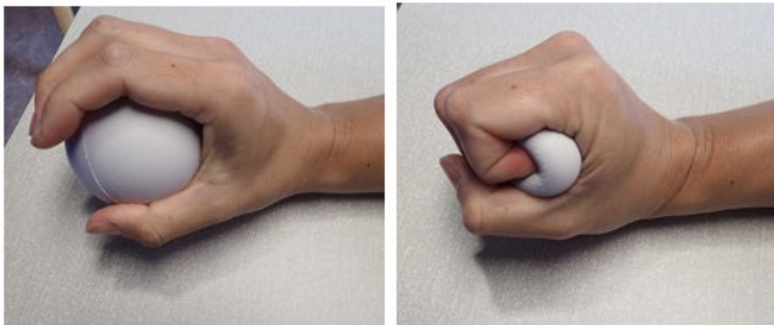


### Finger and wrist flexion and extension

Open and close your hand as shown 10-15 times.  
Then move your wrist up and down 10-15 times.

After a few days, hold a soft ball

### Exercises continued -

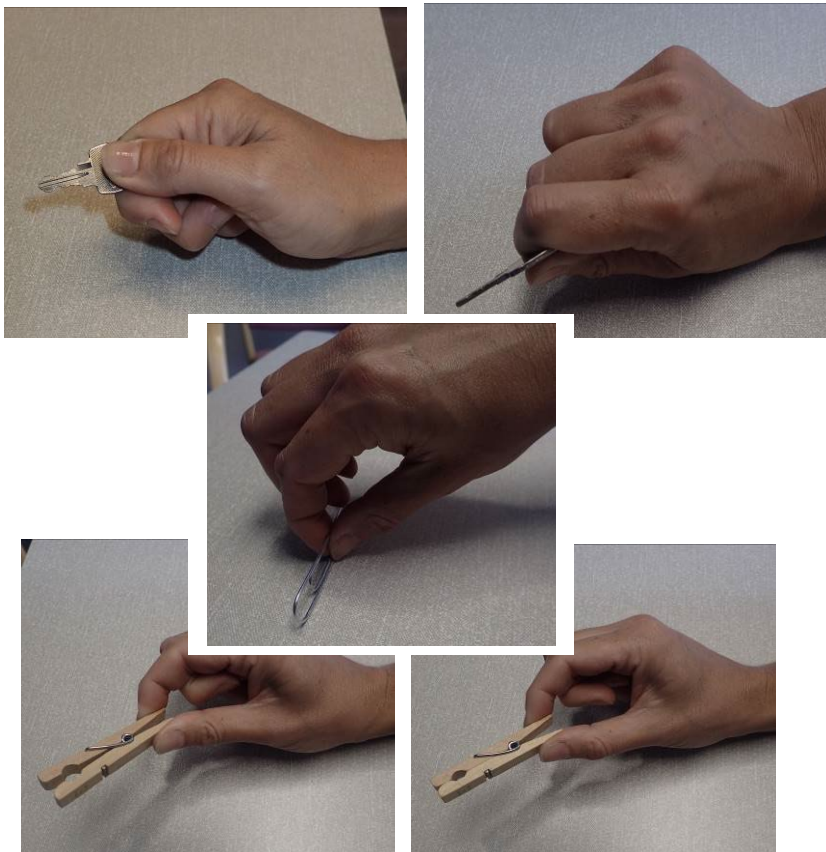


Squeeze a soft ball, playdough, plastic bottle or similar item. / ball of socks.

Squeeze the ball as hard as possible without pain.

Hold for 5 seconds and repeat 10 times.

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 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](mailto: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](mailto: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.

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## Reference

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

**This leaflet can also be found at: [www.esht.nhs.uk/leaflet/hand-soft-tissue-injury/](http://www.esht.nhs.uk/leaflet/hand-soft-tissue-injury/)**

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

Mr Guy Selmon – Consultant Orthopaedic Surgeon  
Helen Harper-Smith – Professional Lead Physiotherapist  
Hilary Kircher – Clinical / Operational Lead Outpatient Physiotherapist

The Clinical Specialty/Unit that have agreed this patient information leaflet:  
Diagnostic, Anaesthetic and Surgery - Department of Trauma and Orthopaedics

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