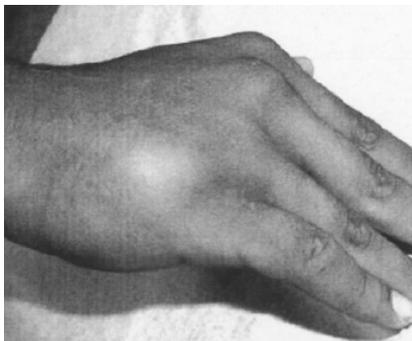


Hand fracture (minor): discharge advice

- These fractures almost always heal well with time and use – no specific treatment is required and therefore routine follow-up is not necessary.
- You have a minor break of a bone in your hand and most of the pain will usually settle within 3-6 weeks.
- It may take six weeks or longer before your hand returns to normal.
- Finger strapping ("buddy-strapping") may help the pain and allow early movement.
- As the break is close to the joint you must move your hand as soon as possible as your comfort allows, to prevent stiffness.
- Remove the strapping as you have been advised (usually between 1-4 weeks).
- Use your hand as normally as possible. This will not cause further damage, but heavy lifting may be sore for 6 or 8 weeks.
- See overleaf for basic hand exercises.
- Your hand grip should return to normal as the discomfort settles.
- As the bone heals a lump may form at the break site, and sometimes the knuckle may not be as prominent.



If the pain gets worse or lasts more than 3 weeks, or if you are concerned following discharge from hospital, please contact: Fracture Clinic on **0118 322 6567 (12 noon-5pm, Monday to Friday)** or mobile: **07554 330 369**.

Hand injuries exercises

Remember:

- Remove brace / splint before exercising
- Exercise as the pain allows – do not continue if it is too painful!
- Complete 10 of each exercise.
- As the exercises become easier, build up to completing four times a day.
- Use the hand for light activities as much as possible to increase confidence before attempting anything heavy or sustained.

Supporting your injured hand on a table, do the following exercises:

Hand

1. Curl your fingers into the palm to make a fist, then stretch the fingers out.
2. With the palm flat on the table, lift each finger up and down, one at a time.
3. With the palm flat on the table, spread your fingers wide apart and then close together.
4. With the palm down, raise the knuckles up while keeping the fingers straight – i.e. making a bridge.

Thumb

1. Take your thumb across towards the base of your little finger, then out to the side and hold the position.
2. Place your palm upwards and move thumb up away from palm, stretching the thumb 'web'.
3. Circle your thumb around, in both directions.
4. Touch each finger with your thumb (on the same hand).
5. Squeeze a small sponge ball.

If your hand swells, sit with your hand and arm supported on a pillow above the level of your shoulder, at least twice a day for half an hour. Move your fingers as the same time. To overcome stiffness in your wrist, do the exercises.

Further information

Visit the Trust website at www.royalberkshire.nhs.uk

Fracture Clinic, January 2018

Review due: January 2020