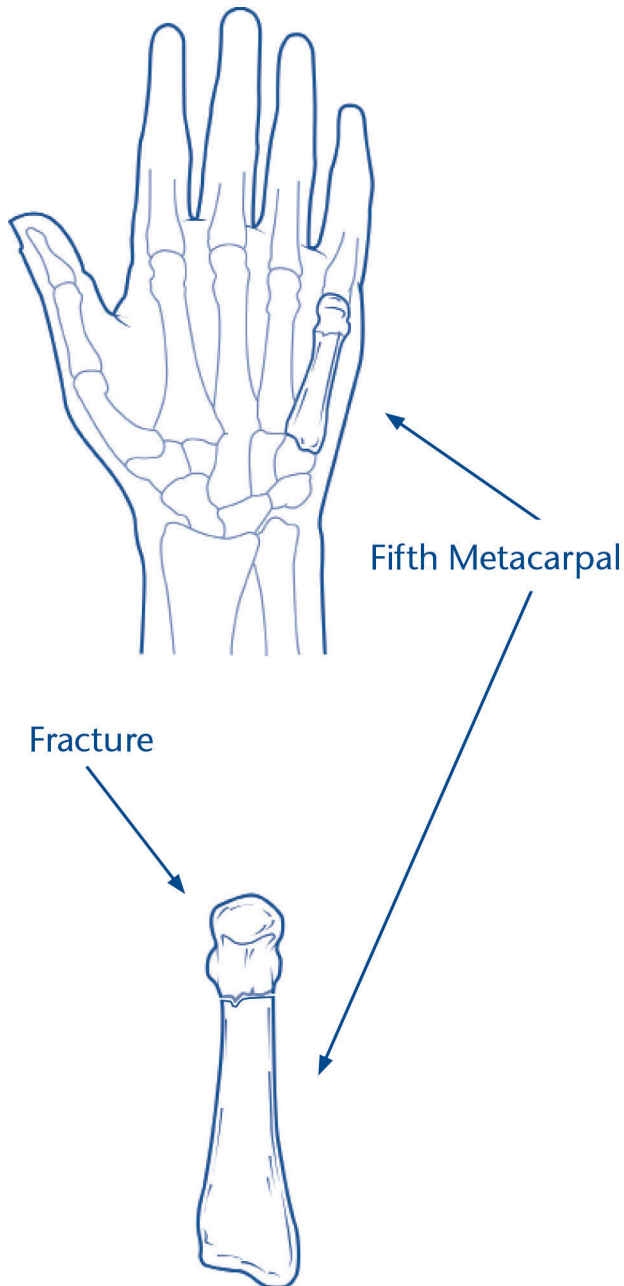


# Discharge advice following 5th Metacarpal Fracture

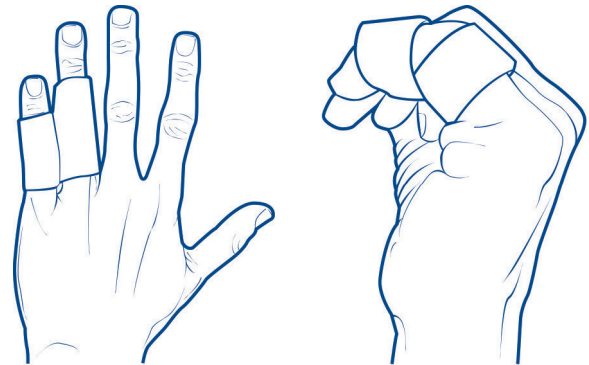
## WHAT IS MY INJURY?

You have a minor fracture (break) near the knuckle of the little finger.



## WHAT IS THE TREATMENT?

Finger strapping may help the pain and allow early movement.



Take simple painkillers if you need them.

Because the break can be close to the joint you should try to move your hand as soon as possible, it may be uncomfortable but should get easier with repetition.

After one week remove the strapping.

Do not be alarmed by any bruising or swelling, this is normal but if this persists or causes extreme pain then contact us (telephone number on page 2).

## USE YOUR HAND FOR LIGHT TASKS ONLY

Avoid heavy lifting for up to 3 months.

## WHAT CAN I EXPECT?

It may take 3 months before your hand returns to normal.

Hand grip and function is generally very good after this type of injury.

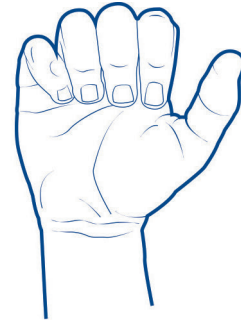
As the bone heals a lump may form at the break site and the knuckle may not be as prominent. Your hand may look slightly different to before and this is normal.

The swelling, bruising and soreness should gradually diminish.

## EXERCISES

Begin as soon as possible and continue throughout.

- ❖ Start by bending your fingers altogether into a fist
- ❖ As this gets easier take a sponge (ball of socks) in your palm and make a fist over it.
- ❖ Squeeze gently and more strongly, as the pain allows
- ❖ Do this 10 times, four - six times a day.
- ❖ Increase the repetitions as able.



## WORK

Most people do not need time off work with this injury and no note is required for the first 5 days someone is off work. If you feel you will struggle after the first 5 days, ask the person who treated you for a Fit Note. You should get this from A&E and not from your GP.

## WHERE CAN I GET ADVICE?

Contact the hand therapy service if:

- ❖ The pain gets worse
- ❖ Or lasts more than six weeks
- ❖ Or you are concerned about your hand

University Hospital Hairmyres:  
01355 585429

University Hospital Monklands:  
01698 752088



[www.careopinion.org.uk](http://www.careopinion.org.uk)

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 30 30 243 or e-mail [info@lanarkshire.scot.nhs.uk](mailto:info@lanarkshire.scot.nhs.uk)

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