



Metacarpal Fractures

of the neck and shaft

Introduction

These injuries normally heal by themselves with time but do occasionally need surgery. You will be given an appointment to return to the fracture clinic for follow up if needed.

Symptoms

- Pain
 - Swelling
 - Bruising
- Deformity at the site of injury
 - Difficulty moving the hand and gripping

Treatment

You may be given a splint to support your hand or some people will have the injured finger strapped instead but this will depend on the type of fracture you have.

- Use over the counter pain killers as needed
- Elevate the injured hand on pillows when resting to help reduce swelling
- You should avoid contact sport and games for at least six weeks after the injury

Most fractures heal without any problems in six to eight weeks. It may take several months for your symptoms to settle. This may include pain or discomfort, stiffness, loss of strength and swelling. Some people may notice a bump on the back of the hand where the fracture occurred or a loss of shape to the knuckle joint but this should not affect hand function.

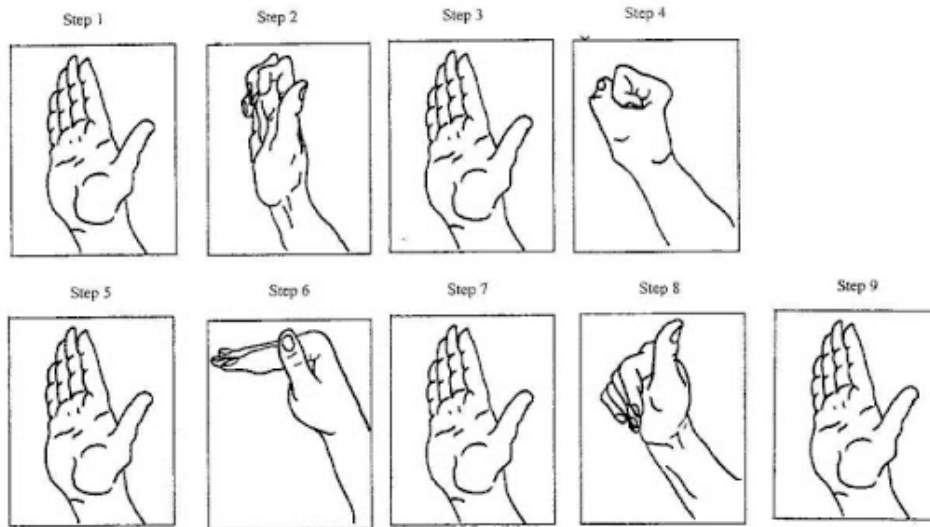
Hand Therapy

Try and perform the exercises below to prevent stiffness. You may need to take pain relief to do these.

How long will I be off work and when can I drive?

You can return to work or school as soon as pain allows and you can do your normal light tasks. Avoid loading the hand heavily for six weeks, and if your job involved heavy manual labour, you may need to discuss this further with the specialist treating you or your general practitioner. You should not drive until you can make a full pain free fist, can grip the steering wheel and perform an emergency stop manoeuvre without distracting pain. It is a good idea to discuss returning to driving with your car insurance provider.

PATIENT INFORMATION LEAFLET



Further information

The day surgery unit can be contacted on 02476 966861 / 02476 966868 (University Hospital), or on 01788 663264 (Hospital of St. Cross). For further information please visit our hand service's web site at www.tinyurl.com/uhcwhand, or contact:

- Hand Therapy at University Hospital Coventry & Warwickshire on 02476 966016
- Hand Therapy at Hospital of St. Cross, Rugby on 01788 663257
- Our specialist hand surgery nurse / hand-coordinator on 02476 965072

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 02476 966861 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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