

Bridlington Urgent Treatment Centre


Fifth Metacarpal Injury

You recently had a consultation at Bridlington Urgent Treatment Centre and this leaflet explains what you need to do to help your injury to heal. We do not expect any complications but if progress does not go to plan please call the UTC on 01262 425631.

You have an injury to your 5th metacarpal (the long bone on the outside of your hand).

Healing:	This normally takes 4 to 6 weeks to heal. The knuckle on the outside of your hand is likely to always look different after this injury. This will not affect how you can do things.
Pain & swelling:	If it hurts, take your normal painkillers. You may find it is a bit achy and swollen for a few months after your injury. The splint you have been provided with is to make it feel more comfortable. It does not affect how well it heals.
Using your hand:	You can use your hand as normal but stop if it becomes too painful. It is important to keep the rest of the finger bending to stop it becoming stiff.
Follow up:	We do not routinely follow up these injuries as they usually heal well. However, if you continue to have pain or are limited in what you can do, please call us on 01262 425631.

Please follow the plan overleaf. 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, then please phone the UTC on 01262 425631 for advice.

Weeks since injury	Rehabilitation plan
0-3	<ul style="list-style-type: none"> • Use the splint for comfort. • Start the stage 1 exercises. Stop if it gets too painful. 
3-6	<ul style="list-style-type: none"> • Start stage 2 exercises <ul style="list-style-type: none"> • Repeatedly 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. • Try to stop using the splint. • Begin using the hand for normal tasks but be guided by your pain levels.
6-12	<ul style="list-style-type: none"> • The injury has healed. • You can carry out tasks as normal. • Some tasks or lifting something heavy may cause some mild pain or discomfort.
12	<ul style="list-style-type: none"> • If you are still experiencing strong pain and swelling, please contact Bridlington UTC for advice.

Contact Us: Bridlington UTC 01262 425631

If you would like this document in an alternative language or format, such as large print or Braille, please call **01482 976924** or email chcp.marketing@nhs.net

Let us know what you think...

You can contact a CHCP Customer Care Advisor if you have a comment, concern, compliment or complaint by writing to: Customer Care Advisor, City Health Care Partnership CIC, 5 Beacon Way, Hull, HU3 4AE
Email: chcp.customercare@nhs.net, Tel: **01482 347 627**