

# Carpal Bone (Hand) Fracture

## Futura Splint 4 Weeks

This leaflet can be made available  
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Information for Patients

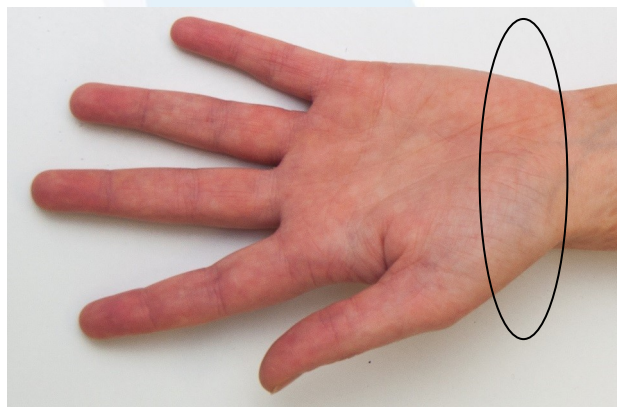
This is a follow up leaflet to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and a Physiotherapist.

### **You have sustained a fracture to one of your carpal (hand) bones.**

This normally takes four to six weeks to heal. Typically you will have either a below-elbow cast or a splint on for 4 weeks. During this period, you may use the injured hand for light tasks and you should move your wrist and fingers within your pain tolerances straight away. It is important that you follow the exercises on the following pages to prevent your wrist and hand from becoming stiff. It is advisable to take your pain killers as prescribed to enable you to complete your exercises. You should avoid heavy tasks with your injured hand for six weeks.

You can return to driving once your splint has been removed and you feel confident to do so. This is usually after four weeks.

**Please see the picture below to understand where this injury is.**



If you are worried that you are unable to follow this rehabilitation plan, are experiencing pain or symptoms other than at the site of the original injury or surrounding area, or have any questions, then please contact us for advice using the contact details on the back of this booklet.

## Smoking cessation

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

## Management / Rehabilitation Plan

Weeks since Injury	Rehabilitation Plan
0-4	<ul style="list-style-type: none"><li>• You will have a splint on your wrist.</li><li>• <b>If</b> you are provided with a sling, continue to use this for a few days if your arm is painful.</li><li>• Move your fingers regularly.</li><li>• You can use your injured arm for light tasks as pain permits.</li><li>• Complete Stage One exercises</li></ul>
4-12	<ul style="list-style-type: none"><li>• If you were wearing a splint initially, try to gradually discontinue using this now.</li><li>• Your wrist fracture should be largely united (healed).</li><li>• Gradually resume normal activities as pain allows.</li><li>• Heavier tasks or sporting activity may still cause discomfort.</li><li>• Complete Stage Two exercises</li></ul>
12+	<ul style="list-style-type: none"><li>• Symptoms will continue to improve over the next few months.</li><li>• If you are still experiencing significant pain and / or stiffness please contact us for further advice / management.</li></ul>

## Exercises

### Stage 1 Exercises (3- 4 times a day)

#### Finger and wrist flexion and extension

Open and close your injured hand, as shown.

Repeat 10 times.



#### Elbow bend and straighten

Bend and straighten the elbow (of your injured hand) so you feel a mild to moderate stretch.

You can use your other arm to assist if necessary, but do not push if it causes pain.

Repeat 10 times.



#### Forearm rotations

Rest the elbow of your injured arm by your side. Bend it to 90 degrees.

Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.



## Advice

### 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, ensuring the ice is never in direct contact with the skin.

## Stage 2 Exercises (3- 4 times a day)

### Wrist flexion stretch

Support your forearm on a table with your hand over the edge and palm facing down. Let gravity take your hand down and then gently apply downwards pressure with your other hand. Hold for 5 seconds.

Repeat 10 times.

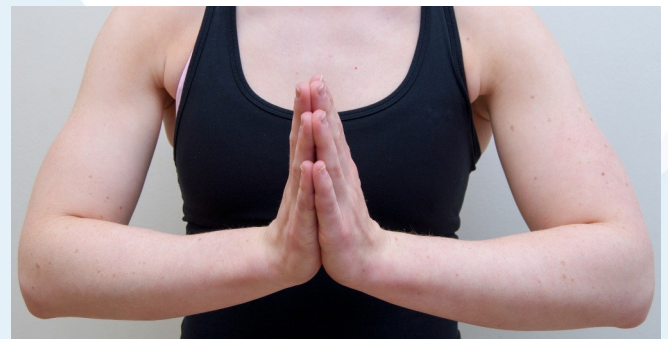


### Wrist extension stretch (prayer exercise)

Place your palms together in front of you and lift your forearms horizontally.

Push your palms together and hold for 5 seconds.

Repeat 10 times.



### Sideways wrist stretches

Place your palm on a table and pivot your hand from side to side, making sure that your hand moves in the direction of your thumb and then towards your little finger.

Repeat 10 times.



## Exercises

### Stage 2 Exercises Continued (3- 4 times a day)

#### Grip strength exercises

Regularly squeeze a stress ball for 30-60 seconds

Or

Regularly use hand-held grip strength equipment

Or

Practice wringing out a damp cloth.

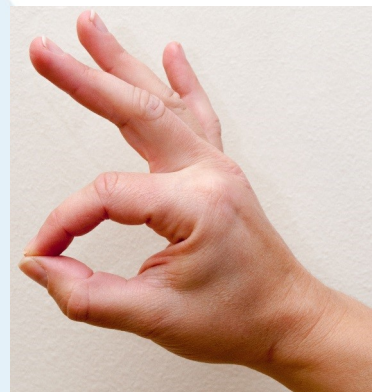
Repeat 10 times.



#### Pinch grip

Squeeze your thumb and index (second) finger together.

Then practice squeezing objects such as clothes pegs using this same grip position.



#### Thumb opposition

With your thumb touch each finger tip

Repeat 10 times.



## Exercises

### Stage 2 Exercises Continued (3- 4 times a day)

#### Finger Abduction

Practise taking your fingers out and inwards

Repeat 10 times.



#### Finger flexion and extension

Bend and straighten your fingers.

Repeat 10 times.



## Contact Information

**Fracture Clinic: 0151 430 4905 (9am-5pm Mon-Fri)**

**Emergency Department: 0151 430 2399**

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