

Soft Tissue Injury - Thumb

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
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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 soft tissue injury (sprain) to your thumb.

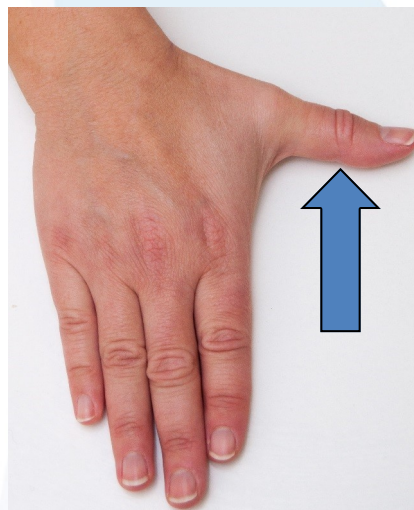
This normally takes up to six weeks to heal.

During this period, it is important that you follow the rehabilitation plan on the following page. Following your rehabilitation plan will help to prevent further injury and help to improve your function. Completing the exercises is important to prevent your thumb from becoming stiff. It is advisable to take your pain killers as prescribed to enable you to complete your exercises. You may use the injured hand for light tasks straight away. Use the splint (if provided) for comfort only, and try to wean out of this as soon as possible.

You can return to driving once your splint has been removed and you feel confident in safely controlling your vehicle.

If you are worried that you are unable to follow this rehabilitation plan, if after six weeks you are still experiencing pain, swelling or having difficulty moving your thumb, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, or if you have any questions, then please contact us for advice using the contact details on the back of this booklet.

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



Smoking cessation

Medical evidence suggests that smoking prolongs soft tissue 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
0-3	<ul style="list-style-type: none">• Use the splint for comfort if provided.• Keep your fingers moving to prevent stiffness.• Complete Stage 1 Exercises• Gradually resume light activities as pain allows.
3-6	<ul style="list-style-type: none">• Try not to use the splint.• Complete Stage 2 Exercises.• Gradually resume normal activities as pain allows.• Heavier or more strenuous tasks, including heavy lifting, may still be difficult and cause discomfort and swelling at this stage.
6-12	<ul style="list-style-type: none">• Symptoms will continue to improve over the next few months.• If you are still experiencing significant pain and / or stiffness please contact us for further advice / management .

Exercises

Stage 1 Exercises (3-4 times a day)

Finger and wrist flexion and extension

Open and close your injured hand, as shown, 10 times.

Then move your wrist up and down 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.

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

Thumb Flexion

Use your other hand to keep your thumb steady and bend and straighten the joint.

Repeat 10 times.



Thumb Extension

Lie your palm flat on a table. Lift your thumb up off the table.

Repeat 10 times.

Thumb Abduction

Lie your palm flat on a table and move your thumb out to the side and back.

Repeat 10 times.



Stage 2 Exercises (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.

Practice normal hand movements

For example turning keys, picking up small objects, doing crafts or anything that involves using your hands.



Contact Information

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

Emergency Department: 0151 430 2399

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Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

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