



## 5th Metacarpal (Hand)Fracture Discharge Advice

- You have a minor break near the knuckle and it will usually settle in three weeks.
- It may take six weeks or longer before your hand returns to normal.
- The finger strapping may help the pain and allow early movement
- Because the break can be close to the joint you must move your hand as soon as possible even if this means overcoming the discomfort.
- After one week remove the strapping.
- Use your hand as normally as possible. This will not • cause further damage but heavy lifting may be sore for 6 or 8 weeks.

- Hand grip is generally very good after this type of injury.
- As the bone heals a lump will form at the break site and the knuckle will not be as prominent.
- There will be some shortening expected as a consequence of the injury.



**Should you have any worries or concerns following discharge from hospital, please contact either the:**

- 1) Virtual Fracture Clinic: 0141 314 7244  
(8am - 4pm Monday – Friday)**
- or
- 2) Emergency Department: 01475 524166  
(outwith these times)**