



Discharge advice following attendance with a hand (5th metacarpal) fracture

- 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 07786 113057