

Thumb Fracture

Information for patients

Virtual Fracture Care Team: Shared care plan

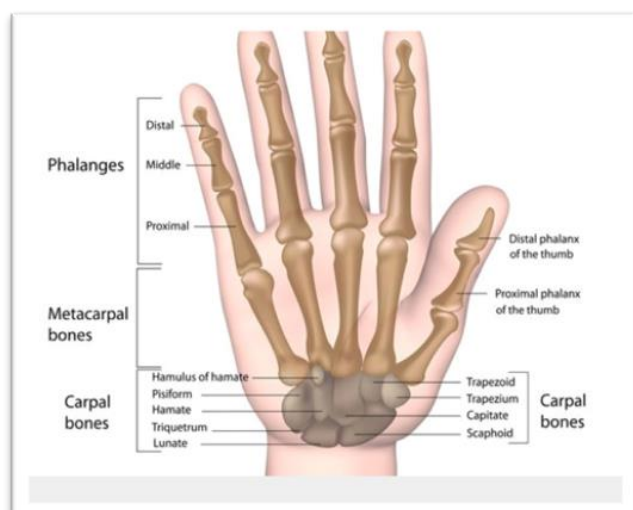
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This is a follow-up letter to your recent telephone consultation with the Virtual Fracture Care Team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

You have sustained a simple fracture to your thumb. This normally takes up to 6 weeks to heal. You may use the hand for light tasks; it is important to keep the thumb moving to prevent stiffness. Take pain relief as prescribed. Use the sling (if provided) for comfort only, and try to wean out of this as soon as possible. If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Virtual Fracture Care Team for advice.

We do not routinely follow up patients with this type of injury. **If after six weeks** you are still experiencing pain, swelling or having difficulty moving your thumb then please do not hesitate to contact us for a further consultation.



Or, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone or e-mail details at the top of this letter.

Your thumb may be placed in a splint called a 'thumb spica'. You can take the splint off to wash but you should keep wearing the splint for 2-3 weeks after the date of your injury.

From day one you should actively try to get your thumb moving, without forcing through pain, in order to restore flexibility.

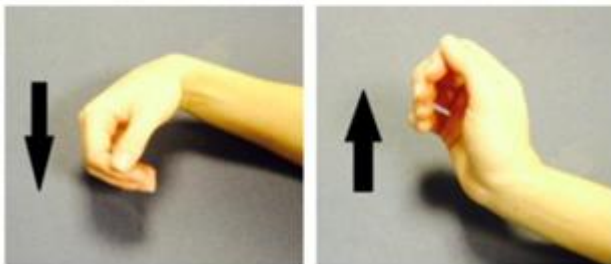
You should take relative rest with the injured hand and avoid heavy tasks with it for 6 weeks.

Initial exercises to do 5-6 times a day:



Finger and wrist flexion and extension

Open and close your hand as shown 10-15 times. Then move your wrist up and down 10-15 times. After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain.



Hold for 5 seconds and repeat 10 times.



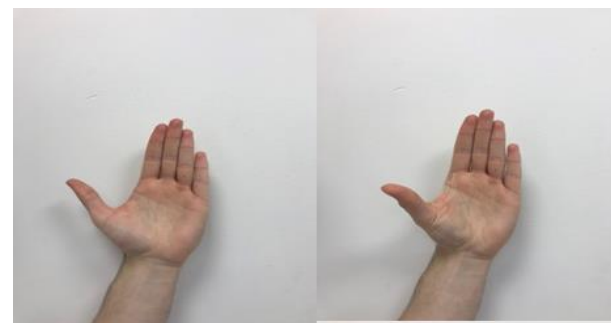
Elbow bend to straighten

Bend and straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.



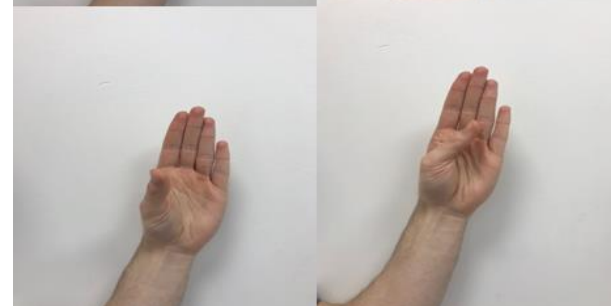
Forearm rotations

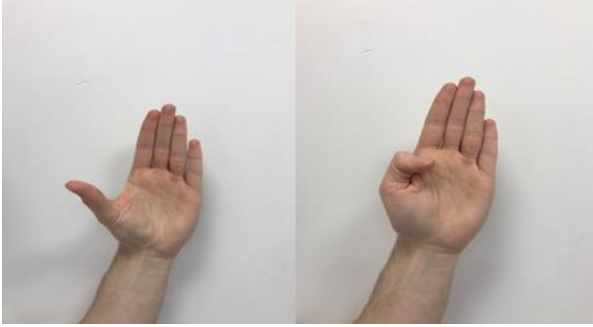
Begin this exercise with your elbow at your side and bent. Slowly turn your palm up and down as far as you can go without pain. You should not feel more than a mild to moderate stretch. You can use your other arm to assist if necessary. Repeat 10 - 15 times if there is no increase in pain.



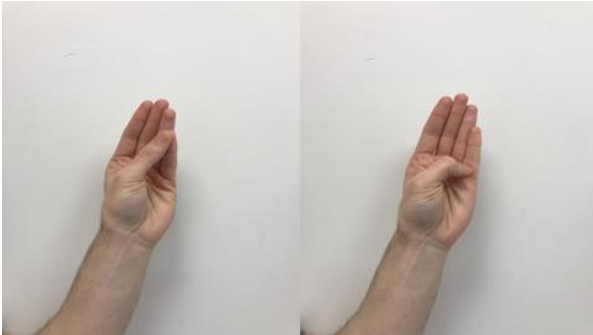
Thumb circumduction

Move your thumb in a circular motion. Repeat 10-15 times.



**Thumb flexion**

Bend and straighten your thumb as shown 10-15 times.

**Thumb opposition.**

Move your thumb to touch the tip of each of your fingers alternately. Repeat 10-15 times.


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 in 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.

Further information and advice can be obtained from:

NHS 111
NHS Choices online

 **111**
www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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