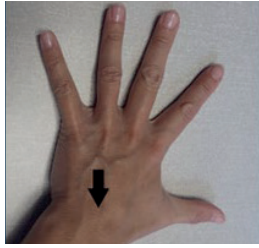


Carpal bone fracture

(small bones at the bottom of the hand)

For patients who do not need
a follow up appointment.

Physiotherapy department



What is this information about?

This information is about carpal bone fractures. A fractured bone is the same as a broken bone.

It tells you:

- How long this injury will take to heal and when to return to activities.
- How to manage pain and swelling.
- What exercises you can do to help heal and strengthen your hand.
- How to use your splint if you were given one.

How long does this injury take to heal?

This injury normally takes approximately 4 to 6 weeks to heal.

What effect does smoking have on my healing?

Smoking will slow down your healing.

We advise that you stop smoking while your fracture heals.

You can talk to your GP or go to [Quit smoking - NHS \(www.nhs.uk/live-well/quit-smoking/\)](http://www.nhs.uk/live-well/quit-smoking/) for more information.

How should I manage my pain and swelling?

You may use the hand as pain allows.

You may have been given a splint, use this to support your hand whilst it heals. You can use this for up to 6 weeks. You can take it off to wash, move your hand or if it feels more comfortable without it.

Swelling is often worse at the end of the day and elevating it will help. Taking pain medication and using ice or cold packs will help.

Use your normal painkillers or painkillers given to you in the emergency department. If these do not feel enough, contact your GP or pharmacist.

Can I use my hand for daily activities?

You can use the hand as pain allows. It is important to keep the rest of the finger bending to stop it becoming stiff.

Will I receive a follow up appointment for this injury?

We do not routinely follow up these injuries as they heal well.

What should I do if I have ongoing concerns?

If you are concerned about your symptoms or unable to follow this rehabilitation plan, contact the Virtual Fracture Clinic.

If you notice pain other than your hand, please contact the Virtual Fracture Clinic.

How should I care for my injury in week 1 and 2?

Wear your splint to support your hand while it heals.

You should use the splint for the first 2 weeks. After 2 weeks use the splint for pain relief if needed.

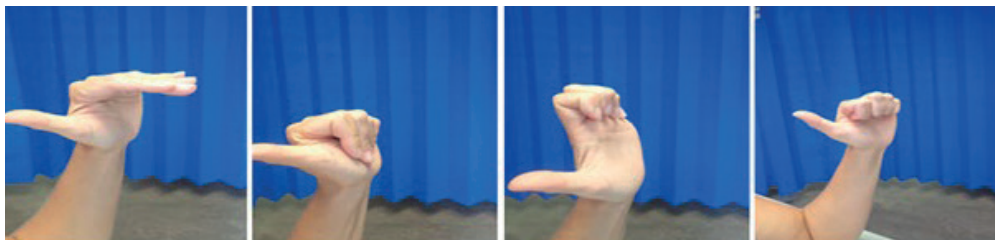
You do not need to wear your splint at night. You can also remove the splint to wash and move your hand.

If you feel more comfortable without the splint you can remove it.

What exercises should I complete in the first 2 weeks after my injury?

The following exercise should be completed without causing too much pain.

This will prevent your hand becoming stiff and help the healing process.



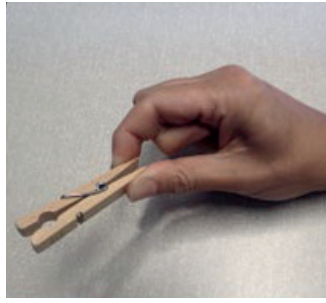
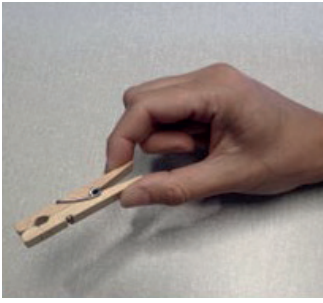
What exercises should I complete between week 3 to 5 after my injury?

Practice hand movements, such as turning keys, picking up small objects, or doing crafts.

You should also try squeezing a soft ball, playdough, a plastic bottle or similar item. Do this for 30 to 60 seconds.

Practise your pinch grip. Squeeze objects such as clothes pegs. Examples of these exercises are shown below.





How else can I care for my injury between week 3 and 5?

Try to stop using the splint.

Begin using the hand for normal tasks but be guided by your pain.

How should I care for my injury from week 6 onwards?

The injury has healed.

You can return to normal activity but be guided by any pain you are experiencing.

Heavy tasks or lifting may still cause some discomfort and swelling.

What should I do if I am struggling to return to exercise?

Please contact the Virtual Fracture Clinic.

What should I do if I am struggling with my splint?

Contact the Virtual Fracture Clinic. We can give advice or change your splint if needed.

When can I start driving?

You can return to driving when:

- You are no longer using a splint or sling.
- You can move comfortably.
- You can control the vehicle safely.

How can I get a note for work?

Please contact the Virtual Fracture Clinic.

How do I contact the Virtual Fracture Clinic?

Worthing

01903 205111 Ext. 86312

St Richards

01243 788122 Ext. 35503

uhsussex.vfc@nhs.net

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This leaflet is intended for patients receiving care
in St Richard's Hospital and Worthing Hospital.

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