

# Fifth metacarpal fracture (hand)

**This leaflet provides you with information about a fifth metacarpal fracture (hand). You should know that your personal situation may differ from the one described here.**

You have a minor fracture near the knuckle (fifth metacarpal fracture). This fracture is treated with tape/hook-and-loop-fastener and a pressure bandage.

## Summary

- You have a fracture in the metacarpal bone of your little finger (pinky).
- This type of injury almost always heals well without any loss of function.
- A routine follow-up is not necessary for this type of injury.
- You can remove the pressure bandage in the first week as your pain allows you to do this. You can remove the buddy tape/hook-and-loop fastener after the first and before the third week if your pain allows you to do this.
- To prevent the finger from getting stiff, it is important that you start moving the finger again as soon as possible.
- You can find exercises for your finger in the app: Virtual Fracture Care, Adrz.

If you have any questions, or are experiencing problems with your recovery, you can call the Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202).

## Treatment

A fracture of the fifth metacarpal is a common injury. The fracture is treated with tape (buddy tape) or with hook-and-loop fastener, and a pressure bandage for extra support.

### 0-1 week

- Remove pressure bandage as soon as your pain allows this.
- Keep wearing the buddy tape/hook-and-loop fastener.

### 1-3 weeks

- Remove the buddy tape/hook-and-loop fastener as soon as your pain allows this.

### 3-6 weeks

- Start moving your hand.

### After 6 weeks

- Start sports.
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## Instructions

Follow these instructions for a good recovery.

- Use your hand as you normally would if your pain allows you to do this, even when wearing the tape/hook-and-loop fastener and pressure bandage.

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- You can remove the pressure bandage as soon as your pain allows you to do this.
- You have to wear the buddy tape/hook-and-loop fastener for at least a week. After one week you can remove the buddy tape/hook-and-loop fastener when your pain allows you to do this. Wear the buddy tape/hook-and-loop fastener for a maximum of 3 weeks.
- Use a new pressure bandage and tape/hook-and-loop fastener when you think this is necessary. You can buy new materials at the pharmacy or re-use the materials you got at the Emergency Department. You can find instructions on how to apply the pressure bandage in the app.
- The fracture is close to your joint. Start moving the hand to prevent your hand from getting stiff as soon as your pain allows you to do this. You can find exercises in this app or in the information folder.
- After 6 weeks you can start sports again, if the pain allows. Do you practice martial arts? Then wait another 2-4 weeks before starting again.
- Are you in pain? Use a mild pain killer such as paracetamol (acetaminophen). Do not wait with the use of paracetamol until the pain is too much.

### Recovery

- This fracture almost always heals well with time and use – no specific treatment is required and routine follow-up is unnecessary. It can take 6 weeks before you are able to use the hand.
- As the bone heals a lump will form at the fracture site and the knuckle will not be as prominent. This is normal, and unlikely to affect the function of your hand.
- Physiotherapy is not necessary. If you are not satisfied with the function of your hand after 6 weeks, you can contact a physiotherapist.
- Does the pain increase, or does it not improve? Please contact the Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202).

### Reapply pressure bandage and buddy tape

If you need to reapply the pressure bandage and buddy tape/hook-and-loop fastener, please find instructions in the video below. You can buy new materials at the pharmacy or reapply the pressure bandage that was applied in Emergency Department.

<https://www.youtube.com/watch?v=wYWzp9c2nhs>

### Exercises

After a fracture of the fifth metacarpal, stiffness and loss of strength can occur. The exercises below can be performed to support your recovery.

### Instructions

Follow the instructions below:

- Perform the exercises at least 3 times a day
- Repeat the exercise 10 to 15 times
- You can continuously increase the force and load.
- You can perform the exercises in warm water and with aids, such as a stress ball.
- Use your hand as normal as possible, this also exercises the finger(s).

### Bend and straighten the fingers

Bend and straighten your fingers so you feel a mild to moderate stretch. Do not push into pain. You can start this exercise as soon as the pain allows you to do this.

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<https://www.youtube.com/watch?v=GJYfgVufsf0&feature=youtu.be>

### **Questions?**

If there are any questions after reading the information, please contact us or visit [www.adrz.nl](http://www.adrz.nl)

### **Contact**

Please call us: Breuklijn (fracture hotline) 088 125 4202 (+3188 125 4202). Monday – Friday: 8.30 am – 10.30 am.