

Broken thumb bone

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You have broken the bone at the end of your thumb.

How long will my injury take to heal?

This normally takes approximately four-to-six weeks to heal.

Smoking will slow down your healing. We would advise that you stop smoking while your fracture heals. Talk to your GP or go to www.smokefree.nhs.uk for more information.

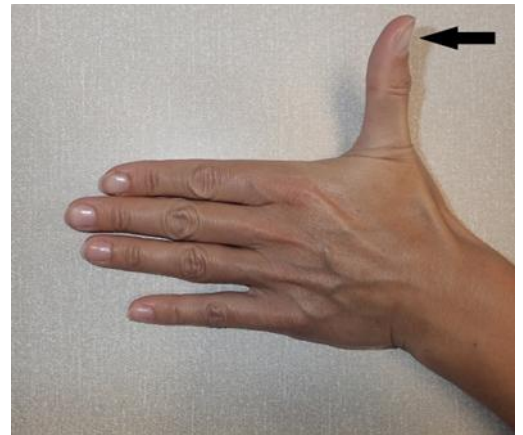
How long will it take for the pain and swelling to settle?

You may have been given a splint for comfort, use this to help with pain, it does not change how your fracture heals. 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.

More information is on the next page.

Early movement and exercise:

You may use the hand but keep within normal pain limits. It is important to keep the rest of the finger bending to stop it becoming stiff. Follow the exercises on the next page.



Will I have a follow up?

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

Whom should I contact if I have any Questions?

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

Caring for your injury: Week 1-2

Wear your splint for comfort or if you are in a busy environments where it may get knocked. Use your splint for first two weeks. It does not need to be worn at night.

Using a cold pack may help with your pain and swelling. You can use an ice pack or bag of frozen peas wrapped in a damp towel. Apply this to the sore area for up to 15 minutes, every few hours. Make sure the ice isn't in direct contact with your skin.

Exercises:

Follow the exercises below without causing too much pain. This will ensure your hand and wrist do not become too stiff. These exercises will help the healing process.

Initial Exercises:

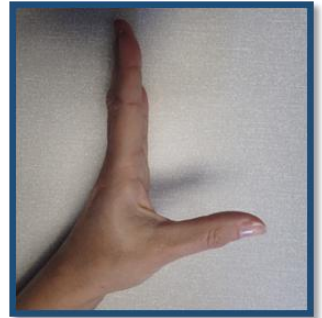
Do these exercises several times a day. To start with you may not have full movement, gently encourage the movement as pain allows.

Use your other hand to keep your thumb steady and bend and straighten the joint.

Repeat five times.



With your hand on its side (thumb up) move your thumb out into an L shape. Repeat five times.

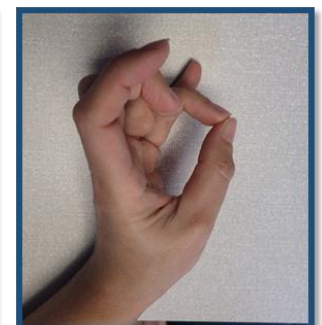
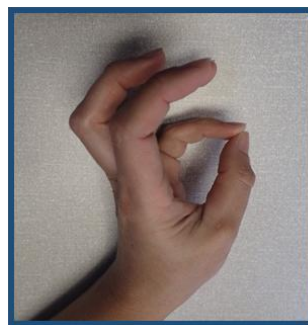


Lie your palm flat on a table and gently move your thumb out to the side and back.

Repeat five times.



Try to touch the tip of your thumb to your fingers



Squeeze a soft ball, playdough, plastic bottle or similar item.

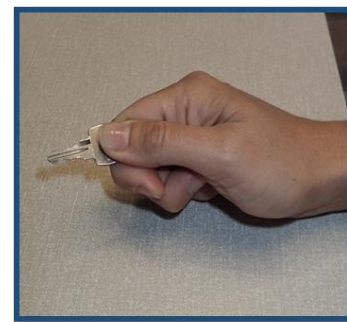
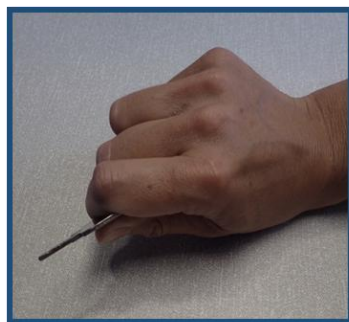
Do this for 30-60 seconds.



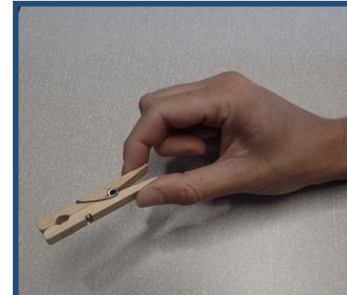
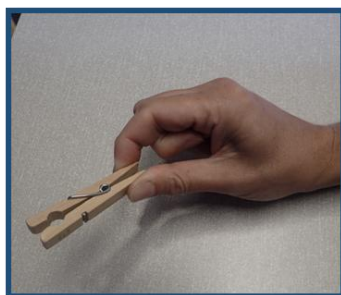
Caring for your injury: Week 3-5

You can try to stop using the splint. Begin using the hand for normal tasks but be guided by your pain levels. You may want to try these exercises if you feel your thumb is not working as well as before.

Practice hand movements, here are some examples; turning keys, picking up small objects, doing crafts or anything that involves using your hands.



Practice your pinch grip; squeeze objects such as clothes pegs.



Caring for your injury: From Week 6

The injury has healed.

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

Heavy tasks or lifting may still cause some discomfort and swelling. Contact us if you have questions or concerns about your thumb.

Frequently Asked Questions

I'm concerned about my symptoms and/or I am struggling to return to exercise.

Please contact the Virtual Fracture Clinic.

I am struggling with my sling. What do I do?

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

When can I start driving?

You can return to driving when:

- You can comfortably turn the wheel
- You can perform all emergency procedures pain free

- You are covered by your insurance company

Always test your ability to drive in a safe environment first

How can I get a certificate for work?

You can get a fitness for work statement from the Virtual Fracture Clinic Team or your GP.

How do I contact the Virtual Fracture Clinic?

Telephone 01493 452249 or email vfc@jpaget.nhs.uk

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.

OUR VALUES

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240