



**The Dudley Group**  
NHS Foundation Trust

Virtual Fracture Clinic  
Orthopaedic Outpatients Department  
Russells Hall Hospital  
Pensnett Road  
Dudley  
West Midlands  
DY1 2HQ

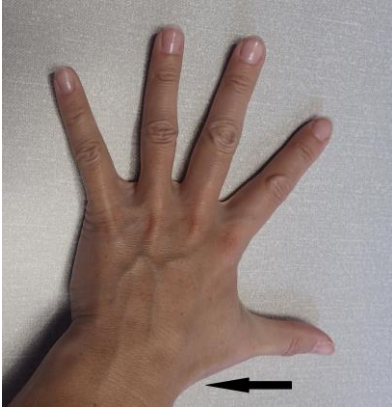
Telephone: 01384 456111 ext. 2220 or ext 3547  
Email: [dgft.vfc.dudley@nhs.net](mailto:dgft.vfc.dudley@nhs.net)

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist)

**You have broken your scaphoid bone (small bone at the bottom of the thumb- see picture)**

- Healing:** This normally takes approximately 6-8 weeks to heal. The cast is to help the bones heal. You will need it for 4-6 weeks. If you are having problems or discomfort with the cast, please get in touch on the number above.
- Pain and swelling:** Take pain killers as prescribed.
- Using your hand:** Once the cast is removed, you may use the hand as pain allows.
- Follow up:** we will arrange a follow up appointment 4-6 weeks after your injury to remove the cast. You may then be referred to the therapy team who will contact you to arrange an appointment separately.

If you have not received an appointment letter for this please contact us on the email or telephone number above.

**Area of injury:**

If you are worried that you are unable to follow this rehabilitation plan,

**Or**, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

or have any questions, then please phone the Fracture Care Team for advice.

**Please follow the plan:**

Weeks since injury	Plan
0- 6	✓ Your arm will be in a cast for 6 weeks
6 -12	<ul style="list-style-type: none"> <li>✓ Appointment to remove the cast and be seen by the hand team</li> <li>✓ The injury has healed.</li> <li>✗ Avoid heavy tasks or lifting.</li> </ul>
12	✗ If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.

**Cold packs:**

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief.

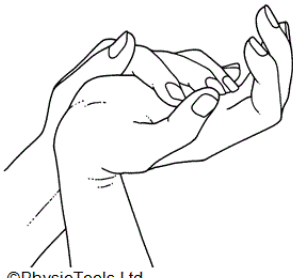
Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

**Stop smoking:** Medical evidence suggests that smoking increases the time it takes for a fracture to heal. In extreme cases it can stop healing altogether. Stopping smoking during the healing phase of your fracture will help ensure the best 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.

## Following the removal of your cast at 6 weeks (exercises 1-8)

The number of repetitions and frequency of the exercises stated allows you to progress as tolerated. For example the 1<sup>st</sup> week out of cast you may manage 10 reps, 3 times per day but as things progress and these become easier you can increase the number and frequency as guided.



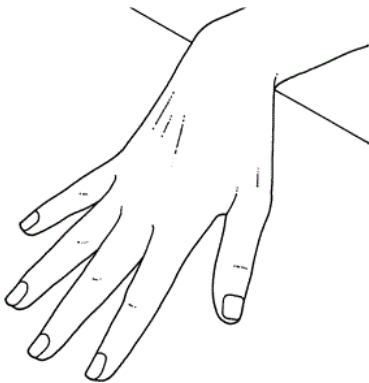
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### 1. Wrist extension with Gentle over pressure

Support your forearm on a table with the wrist off the edge of the table or with your elbow resting on a table and hand in the air. Take your hand backwards. With your other hand, gently assist the movement further by applying a small amount of over pressure at the end of your range. You should not push through excessive pain, although this exercise may be a little uncomfortable. This should settle within 30 minutes. If not perform the movement with over pressure at the end of the movement.

**Hold 5 secs.**

**Repeat 10-20 times. 3-4 times per day**



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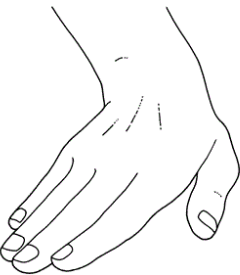
### 2. Wrist flexion with gentle over pressure

Forearm supported on a table with your hand over the edge and palm facing down.

Let your hand drop down. With your other hand, gently assist the movement further by applying a small amount of over pressure at the end of your range. You should not push through excessive pain, although this exercise may be a little uncomfortable. This should settle within 30 minutes. If not perform the movement with over pressure at the end of the movement.

**Hold 5 secs.**

**Repeat 10-20 times. 3-4 per day**



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### 3. Ulna and radial deviation

Hold fingers and wrist straight.  
Bend the wrist first towards the little finger and then towards the thumb.

**Repeat 10-20 times. 3-4 times per day**



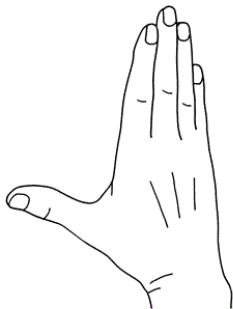
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#### 4. Pronation and supination

Rest your forearm on a table, palm turned down.

Alternately turn palm up and down keeping elbow still. If you are struggling with this one, use your other hand to gently assist the movement further by applying a small amount of over pressure at the end of your range. You should not push through excessive pain, although this exercise may be a little uncomfortable this should settle within 30 minutes.

**Repeat 10-20 times. 3-4 times per day**



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#### 5. Thumb extension

Support your elbow on a table.

Bring your thumb away from the index finger.

**Repeat 10-20 times. 3-4 times per day**

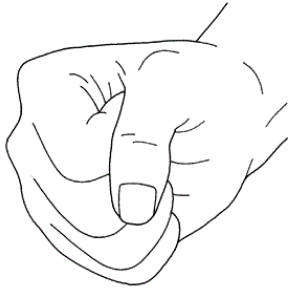


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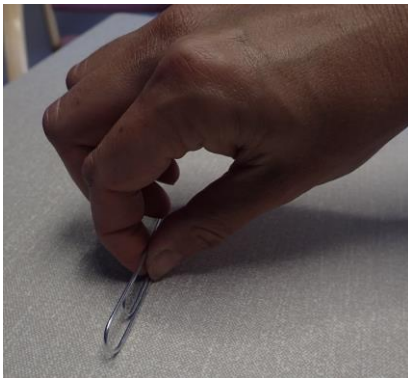
#### 6. Thumb Opposition

With your thumb touch each finger-tip. As your movement improves, try to reach all the creases along the little finger.

**Repeat 10-20 times. 3-4 times per day**



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### 7. Finger flexion/ extension

Support your elbow on a table with your wrist straight and your fingers pointing towards the ceiling.

Make a fist (thumb over fingers). Straighten your fingers and bring them apart.

**Repeat 10-20 times. 3-4 times per day**

### 8. Functional Activities

Practise day to day gripping activities such as the ones in the pictures.

**10-20 times, 3-4 times per day**

### 9. Other activities may include

- a) Using cutlery
- b) Doing washing up (non- heavy items)
- c) Doing a crossword/writing

**Do these 3-5 times a day for 3-5 minutes at a time – or as long as tolerated within pain limits**