

PATIENT INFORMATION**5th METACARPAL NECK FRACTURE
(BOXER'S FRACTURE)**

What is a Boxer's fracture ?

Usually caused by a direct blow to your knuckle, it is a break (fracture) of the bone in your hand just up from your little finger.

What are the symptoms?

You may have pain, swelling or bruising over the joint and be unable to straighten the little finger (extensor lag). The knuckle contour will be less prominent and you may have a bump over the back of your hand.

How are Boxer's fracture managed?

Most Boxer's fractures can be managed by taping or splinting your little finger to your ring finger for 2-3 weeks and avoiding heavy manual work or activities for 6 weeks. Exceptions to this are multiple finger injuries, unstable breaks, breaks that enter your joint, or breaks that are causing rotation or scissoring of your fingers.

What can I do?

Keep your fingers moving, fully bending and straightening them as much as often as you can. Usually after 4 weeks, you should be comfortable. By 6 weeks, you should be able to return to all activities.

What can I expect after treatment?

Most injuries are successfully treated without any surgery, however you may notice a small bump on the back of your hand, the contour of your knuckle will be different and you may have difficulty in straightening the finger (extensor lag). The lag usually resolves within a few months, but occasionally persists. The knuckle contour will always remain different. This should not affect your function and is a normal consequence of the injury.

Should you have any worries or concerns following your discharge from hospital please contact:

Virtual Fracture Clinic

07:00 – 14:30 Monday-Friday

Worcester Royal Hospital 01905 760 259



<https://www.worcsacute.nhs.uk/virtual-fracture-clinic/>

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.