

Boxer's fracture discharge advice



You have a minor break near the knuckle commonly known as a Boxer's fracture. It will usually settle in three weeks.

It may take six weeks or longer before your hand returns to normal.

The finger strapping may help the pain and allow early movement.

Because the break can be close to the joint you must move your hand as soon as possible even if this means overcoming the discomfort.

After one week remove the strapping.

Use your hand as normally as possible.

This will not cause further damage but heavy lifting may be sore for 6 or 8 weeks.

Hand grip is generally very good after this type of injury.

As the bone heals a lump will form at the break site and the knuckle will not be as prominent.

There will be some shortening expected as a consequence of the injury.

If the pain gets worse or lasts more than 3 weeks or you are concerned about your hand then contact fracture clinic at the number below.

Should you have any worries or concerns following discharge from hospital, please contact either the

1) Fracture Clinic: 02871611166
(8:45am until 4:45pm, Mon to Fri)

or

2) Emergency Dept: 02871611379
(Outside these hours)