

FULL CIRCLE HAND THERAPY

YOU'RE IN GOOD HANDS



HAND FRACTURES

A fracture is a break in any bone. A fracture can range from a tiny hairline crack in the bone to a bone that has broken through the skin (called an open fracture). There are 19 bones in the finger, thumb and palm of the hand. A fracture of any of these is called a hand fracture.

CAUSES

Trauma or injury to the hand is the main cause of hand fractures. Injuries may occur from sports, workplace accidents or falls. A fracture occurs when there is enough force to break the bone, and may involve damage to other structures in the hand.

SYMPTOMS

Fractures can cause pain, throbbing, swelling and bruising, and the finger might look deformed or out of place. There will also be limited motion or inability to move the fractured finger and also the other fingers. There might be some numbness with the fracture if the tiny nerves running along the sides of the finger have been stretched or injured.

TREATMENT

If a fracture is suspected, the doctor will order an X-ray. The results of the X-ray will determine what kind of treatment is needed. There are three main types of treatment to help fractured bones heal. The first type is simple immobilization and protection. The second type is called a closed reduction in which the doctor sets or positions the fractured bone. The third type of treatment is called an open reduction in which surgery is performed and may include a pin, screw or plate to keep the fracture stable.



HOW CAN WE HELP?

We will fabricate a custom orthosis that provides proper positioning and allows the fracture to heal. This orthosis (or 'splint'), will be light, as small as possible, and allow for hygiene – often you can even swim with the splint on! Fingers become stiff very fast, and we will prescribe safe exercises that will prevent stiffness. The best outcome after a finger fracture is to have a fully healed fracture with a return of full motion, strength and hand function.