



**Wrightington, Wigan and  
Leigh Teaching Hospitals**  
NHS Foundation Trust

# **Metacarpal Head/Neck Fracture of the Hand**

# Metacarpal Head/Neck Fracture of the Hand

## Patient Information

## Trauma & Orthopaedic Department

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## Introduction



You have fractured (broken) a bone near the knuckle of one of your fingers.

The fracture has occurred in a part of the bone which normally heals well without problems.

The pain, tenderness and swelling you are experiencing in the hand should gradually settle over a period of 6-8 weeks.



## Advice

Your finger may be strapped to the next finger. This is called neighbour or buddy strapping. It supports your finger in the early stages of healing to help reduce the pain and allow movement. You can replace this tape at home if needed. Tape is not usually required for more than 7-10 days but can be removed as pain allows.

Simple pain relief e.g. paracetamol may be taken as required.

Smoking slows down the healing process. We advise that you stop (at least whilst recovering from your injury) Speak to your GP or go online at:

<https://www.nhs.uk/smokefree>

Use your hand as normally as possible for light activities as pain allows. Avoid heavy lifting, ball and contact sports for 6 - 8 weeks.

## Things to expect

As the bone heals, it is usual for a lump to form at the break site, and for the knuckle to be less prominent, this can be permanent. Hand grip however is generally very good after this type of injury.

Most injuries heal well without any problems; however it may take 3-6 months for your symptoms to settle completely.

## Exercise



It is important to maintain movement of the hand to avoid stiffness

developing, even if this means overcoming some discomfort.

Try to bend your fingers, aiming to touch your palm, and then straighten them regularly through the day.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and does not have an overall negative effect on your symptoms.

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## Disclaimer

Not all exercises are suitable for everyone, and while every precaution has been taken in selecting these exercises, they do not come without risks. If you have any concerns regarding your injury, or whether you should partake in the exercises, then you should consult your GP or physiotherapist before beginning any exercises in this leaflet.

The exercise plans shown in this leaflet are designed to be used as a guide and a point of reference; they can be modified and progressed under the supervision of your physiotherapist.

For more information online please visit <https://www.wvl.nhs.uk/virtual-fracture-clinic>

If you are still experiencing significant symptoms after 6 weeks, or if you have any concerns, please contact:

**Fracture Clinic: 01942 822595** Monday to Friday (8.30am until 5pm)

If you have any urgent concerns out of hours, please call 111.



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