Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Simple Finger Fracture

Version number: **1**
Last modified date: **12th November 2026**

Simple Finger Fracture

Patient Information

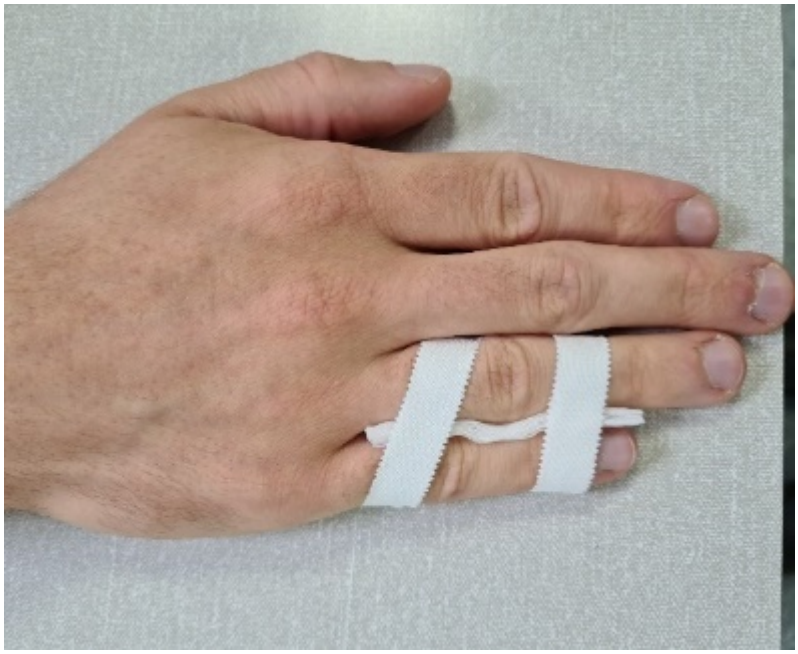
Trauma and Orthopaedics

- Author ID: VL
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- Version: 1
- Leaflet title: Simple finger fracture
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Introduction

You have broken (fractured) one or more bones in your finger(s). Symptoms include pain, bruising and swelling. An X-Ray of your hand shows this is a stable injury and no follow-up in clinic is needed.

Injury recovery

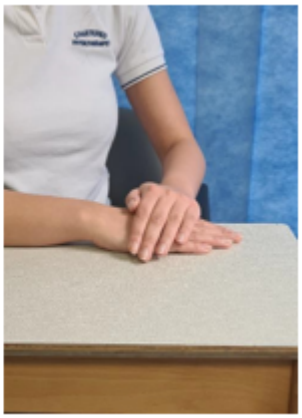


- It takes 6-12 weeks to recover from this injury. Often this is much quicker in children
- Pain and swelling are normal
- Wear strapping/splint as instructed (usually between 2 and 4 weeks)
- Replace the strapping as required
- Take simple painkillers e.g., paracetamol for as long as you need to; do not take more than the recommended dose. Your local pharmacist is a useful source for pain relief information

- **It is very important to start your exercises as soon as possible**

Smoking slows down the healing process. We advise that you stop (at least whilst recovering from your injury). Speak to your General Practitioner (GP) or go online at: https://www.nhs.uk/smokefree





Exercise

It is very important to maintain movement of the finger to avoid stiffness. Do these exercises every hour during the day (you can do them with tape on). If you have been given a splint, you can remove it to do exercises.

1. Try to bend your fingers, aiming to touch your palm with finger tip x 5-10 reps.

2. Lay your hand on a flat surface to fully straighten your finger – hold 10-20 secs.

It is quite normal to feel some discomfort following exercise, but it is important that this disc omfort eases after finishing the exercise and does not have an overall negative effect on y our symptoms.

Warning signs!

If you are worried or have NOT got full range of movement by 2 weeks, you should call the Fracture Clinic helpline or arrange an appointment with our Hand Therapy team.

It is common for some swelling to stay for many months, and sometimes this can remain forever, but this should not affect your function after six weeks.

Most injuries heal well without any problems; however it may take 3-6 months for your symptoms to settle completely. If you have any worries, please call the helpline.

Disclaimer

Not all exercises are suitable for everyone, and while every precaution has been taken in sele cting theseexercises, 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 refer ence; they can be modified and progressed under the supervision of your Physiotherapist.

For more information online, please visit https://www.wwl.nhs.uk/virtual-fracture-clinic

Frequently asked questions

When can I drive?

It is your own responsibility. You are allowed to drive when:

- You can safely control the car
- You can grip the steering wheel or gear stick

- You can perform an emergency stop

When can I go back to work?

This depends on your individual situation. You can return to work when you feel able to do your job.

When can I go back to sport? It is a good idea to have full range of movement and no pain, usually around 4-6 weeks.

Further Advice

If you have any concerns regarding your finger, contact:

Fracture Clinic Helpline: **01942 822595** please leave a message with name, telephone number and brief description of reason for call, and we will aim to call you back within 24 hours, Monday to Friday, 8.30am until 5pm (please note it will be Monday if you call over the weekend).

If you are struggling to regain your movement or getting back to normal activities, you can self-refer to **Physiotherapy**. A referral form can be found on this webpage or by telephoning directly.

Boston House Health Centre Telephone 0300 707 1113

Leigh Infirmary Telephone 0300 707 1597 / 0300 707 1595

Platt Bridge Health Centre Telephone 0300 7071 772

Adult MSK Physiotherapy Self-Referral

If you are struggling to regain your movement or get back to normal activities, you can self-refer to **Physiotherapy**. A referral form can be found on this webpage:

https://www.wwl.nhs.uk/adult-msk-physiotherapy-self-referral

Please scan the QR Code to access the website.



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