

**Patient  
Information**

# 5<sup>th</sup> Metacarpal Fracture

## Introduction

This leaflet provides you with some information following the broken bone in your hand. This is your 5<sup>th</sup> Metacarpal known as MCP and is below your little finger. See Figure 1.



Figure 1: 5<sup>th</sup> Metacarpal (MCP) break

It will take around 3 weeks for the pain to settle and for most of your hand function to return. However it will take at least 6 weeks for you to be able to return to normal daily activities.

Finger strapping and/or a supportive hand bandage may help the pain for the first week.

To help you return to full movement to your hand and fingers, it is important to bend and straighten your fingers/wrist several times every day.

You can use your hand as normal (avoid lifting heavy items for 6 to 8 weeks) but this will cause some discomfort.

As the bone heals a lump will form at the site of the break, and the knuckle will not be as prominent (obvious).

Speak to your pharmacist about taking simple pain relief such as paracetamol.

Reference No.

**GHP11470\_07\_21**

Department

**Emergency**

Review due

**July 2024**

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## When to seek advice

- If you cannot make a fist because the fingers cross over or they are too stiff
- If the pain gets worse or lasts more than 3 weeks
- If you are concerned about your hand

All X-rays are looked at by our radiologists. If there is any concern that there may be a more serious injury, you will be contacted and asked to come in for a follow up appointment.

## Contact information

If you have any concerns about your hand please contact your GP or the Trauma Service. Your GP will have access to your X-ray report.

### Trauma Service

Tel: 0300 422 5269

Monday to Friday, 8:00am to 2:00pm

Email: [ghn-tr.glostrauma@nhs.net](mailto:ghn-tr.glostrauma@nhs.net)

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