

GP Information Sheet

5th Metacarpal Fracture 'Boxer's Fracture'

Dear Doctor

Your patient has recently been referred to the Ipswich Hospital Fracture clinic.

They have sustained a fracture of the 5th Metacarpal.

Treatment:

This type of fracture is treated with buddy-strapping or an ulnar gutter-cast for 4 weeks.

The patient should be reviewed in 4 weeks. The fracture site should not be tender at this stage, although the patient may experience some pain with movement and stiffness in the hand.

The patient may require hand therapy if the hand is persistently stiff.

Contact sports and activities should be avoided for a total of 8 weeks.

When to repeat X-Ray:

This fracture does not require repeat x-ray unless the patient is extremely tender over the fracture site at the 4-week mark.

Help and Troubleshooting:

We are happy to be contacted should you have any concerns.

Please call the Ipswich Hospital Switch on 3810 1111 and ask for the On-Call Orthopaedic Registrar.