



## Fractures of the Hand (Metacarpal Fractures)



### Overview

This is a break in one or more of the five bones of the hand. These bones are called the "metacarpals." A fractured metacarpal can shift out of place. Without proper care, it may not heal correctly.

### Causes

How do you break a metacarpal? It can happen if you fall and try to catch yourself. It can happen if your hand is crushed or twisted. You could break a metacarpal while playing a contact sport, or if you have a road accident.

### Symptoms

What are the symptoms? You can have pain, swelling, tenderness and bruising. It may hurt more when you try to grip or squeeze with your hand. You may see a bump on the back of your hand. Your fingers may not line up like they normally should. You may feel a sensation of numbness or stiffness, and you may have trouble moving your fingers or thumb.

### Treatment

How do we treat it? We make sure your bones are aligned correctly, and then we put your hand in a splint or a cast while it heals. For a bad fracture, you may need surgery. Your doctor will create a plan that's right for you.