



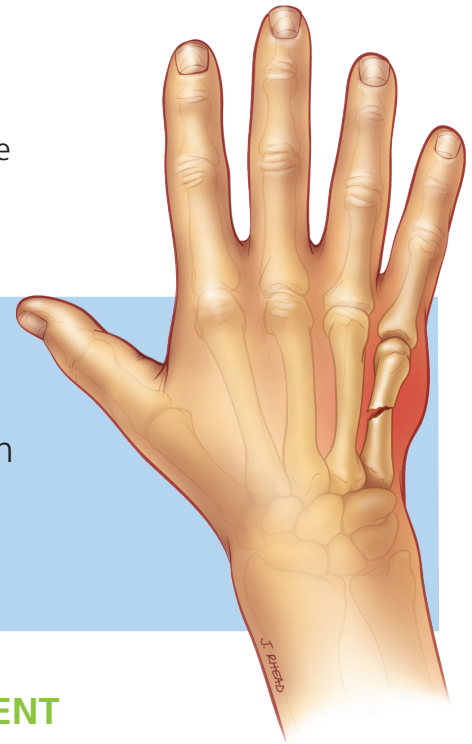
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METACARPAL FRACTURE

The metacarpals are the long bones in the hand, which connect the fingers to the wrist. The 5th metacarpal or long bone just below the little finger is the most commonly fractured metacarpal.

FACTORS THAT CONTRIBUTE TO INJURY

A metacarpal bone can fracture under such stresses as compression, rotation or twisting, or a direct blow (with or without a clenched fist).



SIGNS AND SYMPTOMS

- Pain over the top and bottom of the palm
- Swelling in the hand, especially over injury site
- May have bruising
- Difficulty making a fist or grasping objects
- Deformity
- Malalignment of finger

TREATMENT

- See MD immediately
- Splint hand with a flat object under the palm
- Tape injured finger to another finger
- Cast to hold metacarpals together
- May need surgery if the fracture site is rotated or unstable. Can only be determined by x-ray evaluation.



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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