

Education

Fifth Metacarpal Fracture Rehabilitation Exercises

You may do the stretching exercises right away when your cast is removed. You may do the strengthening exercises when stretching is nearly painless.

Stretching Exercises

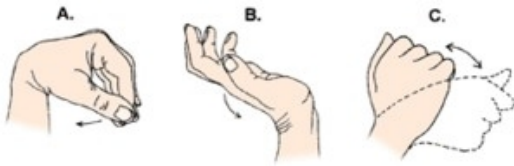
- Wrist: Active range of motion
 1. Flexion: Gently bend your wrist forward. Hold for 5 seconds. Do 3 sets of 10.
 2. Extension: Gently bend your wrist backward. Hold this position 5 seconds. Do 3 sets of 10.
 3. Side to side: Gently move your wrist from side to side (a handshake motion). Hold for 5 seconds at each end. Do 3 sets of 10.

Strengthening Exercises

- Opposition stretch: Rest your injured hand on a table, palm up. Touch the tip of your thumb to the tip of your little finger. Hold this position for 6 seconds. Repeat 10 times.
- Wrist flexion exercise: Hold a can or hammer handle in your hand with your palm facing up. Bend your wrist upward. Slowly lower the weight and return to the starting position. Do 3 sets of 10. Gradually increase the weight of the can or weight you are holding.
- Wrist extension exercise: Hold a soup can or hammer handle in your hand with your palm facing down. Slowly bend your wrist upward. Slowly lower the weight down into the starting position. Do 3 sets of 10. Gradually increase the weight of the object you are holding.
- Grip strengthening: Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10.
- Finger spring: Place a large rubber band around the outside of your thumb and the rest of your fingers. Open your fingers to stretch the rubber band. Do 3 sets of 10.

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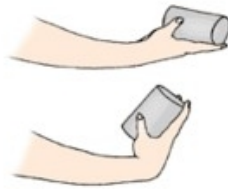
Fifth Metacarpal Fracture Exercises



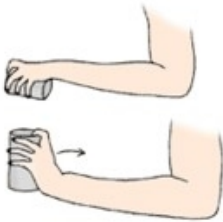
Active range of motion



Opposition stretch



Wrist flexion



Wrist extension



Grip strengthening



Finger spring