



**ORLANDO HAND SURGERY ASSOCIATES  
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## **Metacarpal Fracture – Closed Treatment**

### **0 - 4 weeks:**

Cast: The patient is immobilized in a short arm splint or cast to distal palmar crease/metacarpal head level for 4-6 weeks

Motion: Joints which are not immobilized by the cast are put through active range of motion beginning on the first day.

### **4 weeks:**

Splint: Discontinue cast and change to short arm splint for wear in between exercises.

Motion: AROM/PROM initiated for all joints

When clinical healing has occurred (4-6 weeks), scar control, electrical stimulation and progressive passive range of motion exercises are instituted as needed.

### **6-8 weeks:**

Splint: Discontinue splint

Motion: Continue motion as above and can begin progressive strengthening

Please call with questions or concerns at the phone number above.