



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.*

## Helping Hand™

*Health Education for Patients and Families*

### Boxer's Fracture

A boxer's fracture is caused by hitting something with a closed fist. It's often seen in teenagers. The fracture will typically heal within 3 to 4 weeks from the date of injury.

#### Symptoms

A boxer's fracture can cause:

- Bruising
- Swelling
- Less motion of hand or fingers
- Pain with hand and finger motion

#### Diagnosing the Fracture

X-rays of the hand are taken to see if there is a fracture. A boxer's fracture is a small finger metacarpal neck fracture (Picture 1).

#### Treatment

This fracture is a stable injury. It's not likely for it to get worse. It's safely treated with the hand in a Velcro® brace (Picture 2). The brace will be put on the hand to help keep the bone protected and the wrist and fingers still as the bone heals.



**Picture 1** X-ray with arrow showing a Boxer's Fracture



**Picture 2** Velcro brace for boxer's fracture treatment

Your child should wear the Velcro brace for 3 weeks from the time they are seen in clinic.

- The brace should only be removed for showers, baths, or other hygiene and then at least one time each day to check the skin for irritation or redness.
- Keep the brace clean and dry at all times.
- Your child may take part in sports, gym, and other physical activities while wearing the Velcro brace.
- At the 3-week mark, your child may wean out of the brace when there is no longer any pain when the area over the metacarpal neck is pressed. No formal follow-up is needed.
- Your child may have some wrist or finger stiffness and weakness for 1 to 2 weeks after the brace is removed. If these symptoms continue after 2 weeks, call the orthopedic clinic.
- There may be a small difference in how your child's knuckle looks on the injured hand. You may even notice a bump on the back of the hand. These differences should not limit hand movement.

## **When to Call the Clinic**

Call the orthopedic clinic if your child has:

- Numb or tingling fingers.
- Fingers that are a bluish-purple color.
- Fingers that feel cold and do not get warm when the hand is raised.
- More than a little swelling with discomfort.
- Extreme pain when you move their fingers.
- Not gotten their full range of motion back after the 3 weeks of treatment.

## **Clinic contact information:**

Clinic hours at both locations are Monday through Friday, 8:00 a.m. to 4:30 p.m. Ask for the nurse to discuss any symptoms.

<b>Nationwide Children's Columbus</b>	<b>Nationwide Children's Toledo</b>
<ul style="list-style-type: none"><li>• Call (614) 722-5175 to schedule an appointment.</li><li>• Evenings, weekends and holidays phone (614)722-2000. Ask for the Orthopedic Resident on call to discuss any symptoms.</li></ul>	<ul style="list-style-type: none"><li>• Call (419) 251-2061 to schedule an appointment</li><li>• Evenings, weekends and holidays phone (567) 290-6543 Ask for the Orthopedic Resident on call to discuss any symptoms.</li></ul>