

### **Session 5.3: Metacarpal fractures and dislocations**

#### **Objectives:**

1. Describe the anatomy of the metacarpals.
2. Discuss common fracture patterns involving the metacarpals and deforming forces.
3. Outline the assessment of the patient with metacarpal fracture or dislocation.
4. Discuss the management options for metacarpal fractures and dislocations.
5. Briefly outline the principles of rehabilitation for patients with metacarpal injuries.

#### **Primary Resources:**

1. BSSH: Hand Fractures: <https://www.youtube.com/watch?v=-qk9QRv1nWY&t=1568s>
2. BSSH WACS Webinar 1 - Management of Hand Fractures:  
<https://www.youtube.com/watch?v=fcPvnppi-hs>

#### **Additional Resources:**

1. Pulvertaft: Guidelines in the management of fractures of phalanges and metacarpals:  
<https://www.youtube.com/watch?v=4Rl8nPn7W9s>
2. ASSH Hand.e: Phalangeal & Metacarpal Fractures:  
<https://www.assh.org/hande/s/watch?id=aBP0a000000LO4MGAW>
3. ASSH Hand.e: Non-Operative Management of Metacarpal Fractures (Donald H. Lalonde, MD): <https://www.assh.org/hande/s/watch?id=aBP0a000000LFKPGA4>



<https://s.surveyplanet.com/bp0673vp>