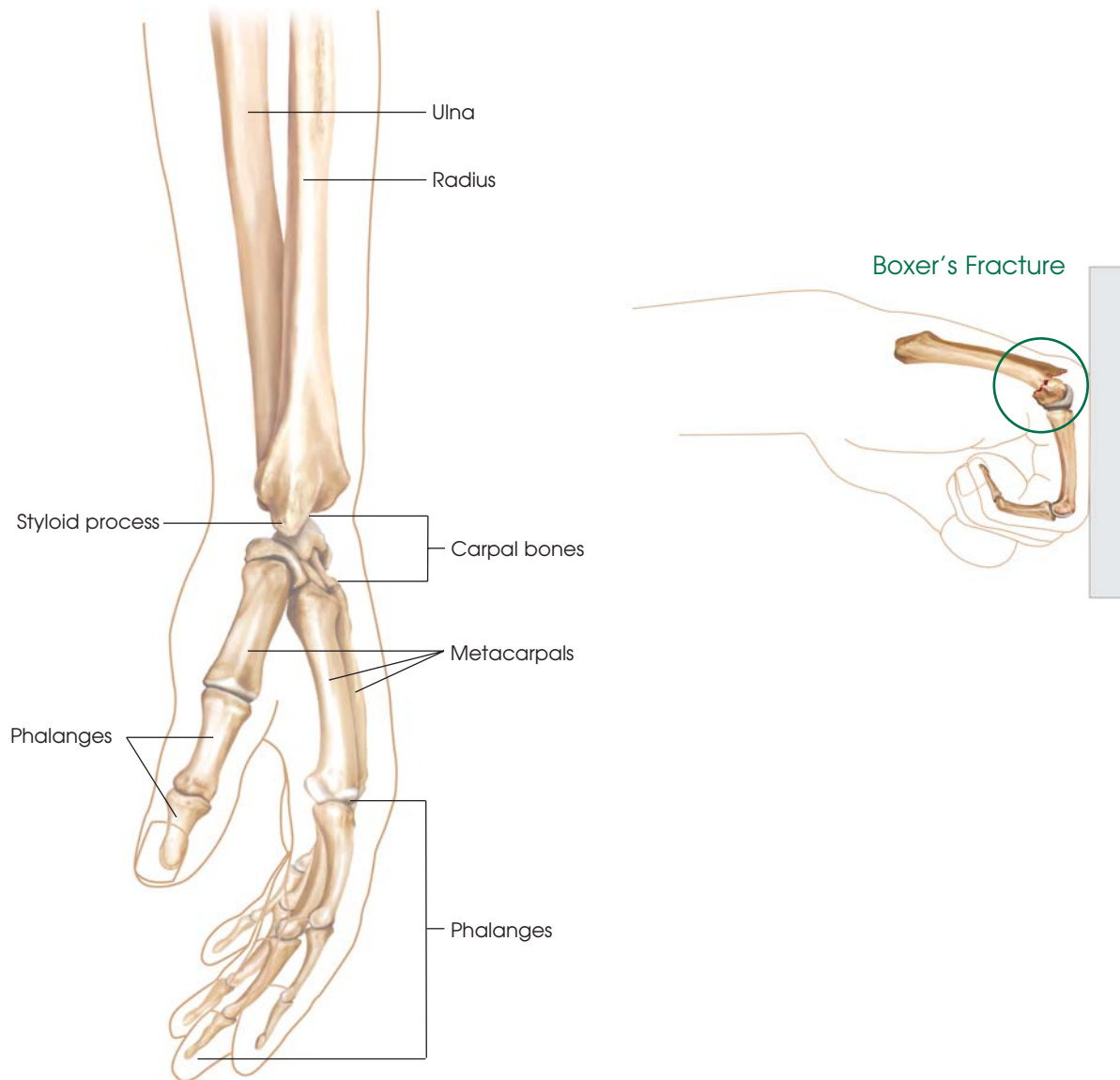


# Boxer's Fracture

Normal Finger and Thumb Anatomy:  
Lateral View



**Boxer's Fracture** (also called "Brawler's Fracture") is a break of one of the small bones on the small finger side of the hand near the knuckle (the neck of the fifth metacarpal). This injury is usually caused by punching an immovable object. Symptoms include pain, swelling and bruising at the site of the injury.

## Common Treatment Options

- A splint or plaster cast may be used to ensure alignment as the bone heals.
- Elevate the hand.
- If possible, apply ice packs to the hand for 20-30 minutes every 3-4 hours for the first 2-3 days.
- Take pain medications such as acetaminophen as prescribed by your doctor.
- Avoid anti-inflammatory medications such as ibuprofen or naproxen and smoking as they can delay bone healing.

