



Finger Injury

Doncaster Royal Infirmary
Armthorpe Road
Doncaster
DN2 5LT

Tel: 01302 644665

You will not be routinely followed up.

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

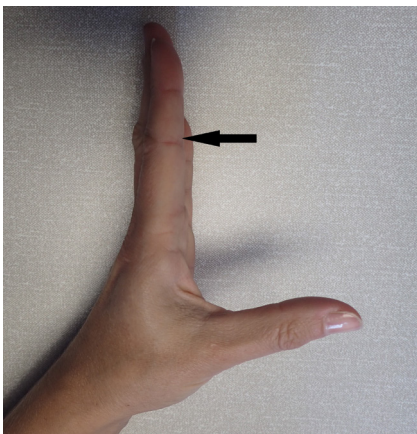
You have sustained a volar plate injury to your finger. The volar plate attaches to the bone and has pulled on the bone at the base of the middle phalanx (middle finger bone).

Healing: This normally takes approximately 4-6 weeks to heal.

Pain & swelling: Take your normal painkillers if it is painful. You may find it continues to be a bit achy and swollen for a few months after your injury.

Using your hand: You may use the hand as pain allows. It is very important with this injury to keep the finger bending to stop it becoming stiff.

Follow up: We do not routinely follow up these injuries as they heal well. However, if you continue to have pain or are limited in what you can do please get in contact with us on the above number.



If you are worried that you are unable to follow this rehabilitation plan,

Or, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

Or, have any questions, then please phone the number at the top of this letter for advice.

Smoking cessation

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website:
<http://smokefree.nhs.uk> or discuss this with your GP.

Please follow the Management plan below:

Weeks since injury	Rehabilitation plan
0-3	✓ Keep your fingers moving to prevent stiffness –see exercises
3-6	✓ Move your injured finger-see exercises stage 2
6-12	✓ The injury has healed. ✓ Return to normal activities
12	✗ If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.

Advice for a new injury:

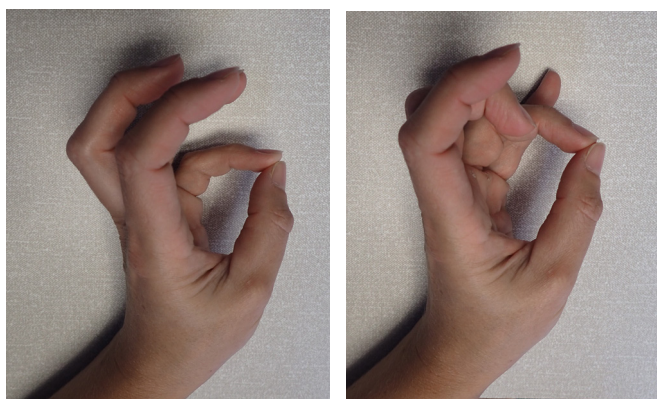
Cold packs:

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief.

Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

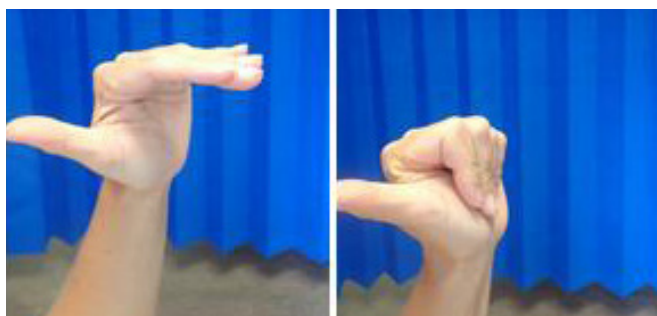
Exercises:

Do these exercises several times a day



Touch each finger to your thumb.

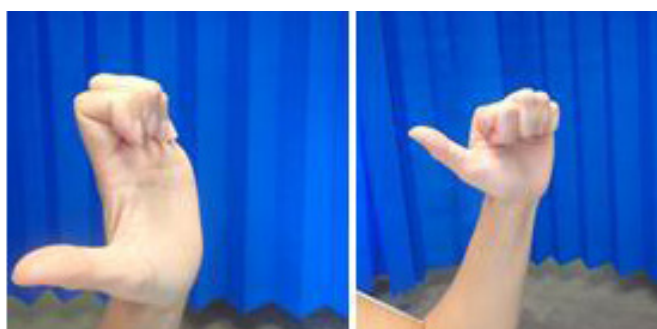
Repeat x 5



Bend and straighten all the joints in your fingers as shown.

Do not force the movement, work within your limits.

Repeat x 5



Stage 2 Exercises:



Use your other hand to keep your finger steady and bend and straighten the finger joint nearest your palm.

Repeat x 5



Use your other hand to keep your finger steady and bend and straighten the finger joint nearest the end of your finger.

Repeat x 5