

INFORMATION FOR PATIENTS

Proximal interphalangeal joint injury

Volar plate injuries

The proximal interphalangeal joints (middle knuckles of the fingers) are the most commonly injured joints in the hand. They are hinge joints and are capable of the largest range of movement. Injuries to these joints are often called finger sprains.

The tissues surrounding the joints include the ligaments and the joint capsule (which is an envelope surrounding the joint). The volar plate is a ligament which prevents the joint from over-straightening; but this is the one that gets injured the most.

The volar plate is damaged when force is applied to the finger causing too much movement to the joint, such as a ball hitting the end of the finger.

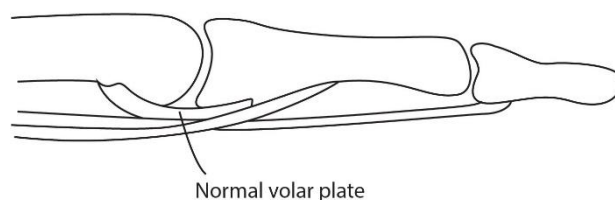
Varying degrees of injury can occur from tearing of the ligament, to a small chunk of bone pulling away from the main part of the bone.

Treatment

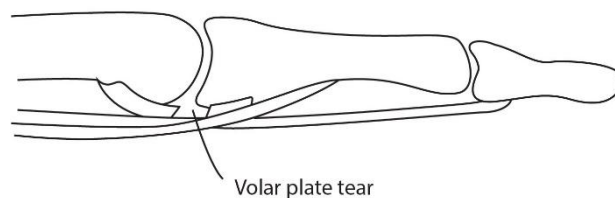
Initially a splint will be applied to the back of the finger to protect the joint and allow the bruising and swelling to settle. Instructions on wearing will be provided. Swelling can also be reduced with the use of compression bandages.

You will be shown bending exercises to do regularly. These will help regain movement while protecting the injury.

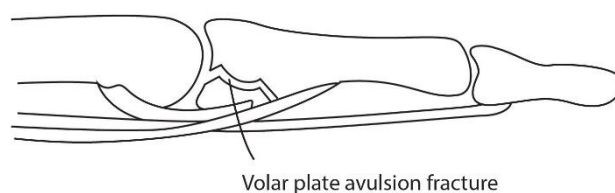
Normal



Volar plate tear



Volar plate avulsion fracture



During your outpatient appointments, alternative splints, massage and exercises will be combined to restore movement and function.

While your injury is healing:

- Do not remove the splint.
- Do not attempt to over-straighten the finger.
- Do not carry out heavy tasks or contact sports.
- Continue to maintain movement of your other fingers and use your hand for light activities.

If you have any questions or concerns about your exercises or your injury, please contact your hand therapist on 01623 622515, extension

For appointment queries, please contact Therapy Services reception on 01623 622515, extension 3221.

You should not miss your appointment with the hand specialist or hand therapist if one has been requested.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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