



# Finger joint injuries

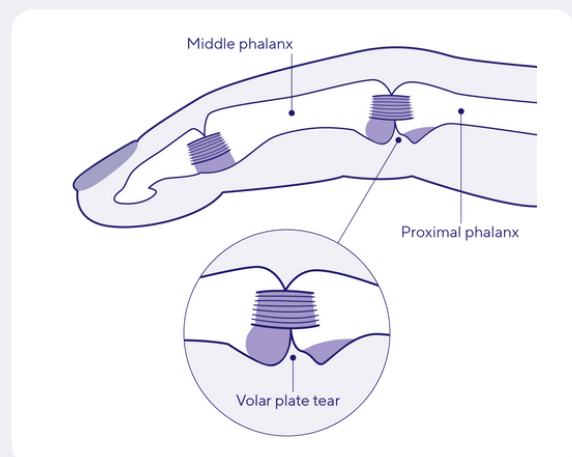


## Volar plate and collateral ligament injuries

### The injury

Finger joint injuries occur when the finger is overstretched causing a sprain or tear to one or more of the ligaments that stabilise the joint. A small piece of bone may also be pulled away resulting in a fracture.

It is a common injury, often occurring when catching a ball or from a fall.



### Symptoms

Symptoms following an injury to your finger joint often include:

- Pain
- Swelling
- Bruising
- Difficulty moving the joint (stiffness).

### Treatment

The aim of treatment is to restore movement to your injured joint and finger whilst protecting your injured joint.

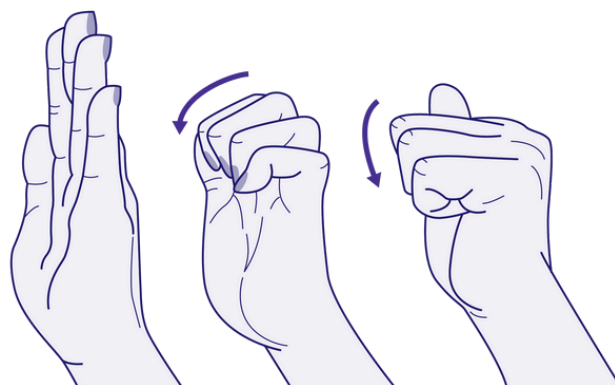
Treatment may include:

- A splint or strapping of your injured finger to the neighbouring finger will protect your injured joint while allowing movement.
- Exercise to restore movement to the joint and finger.

## Exercise to restore movement

It is important to prevent stiffness in your finger. Exercises should be completed regularly. Remember to:

- complete your exercises with / without your splint or buddy strapping.
- complete each exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



## Swelling management

Swelling to the injury site is normal. Elevating your hand and applying a compression bandage may help to reduce your swelling.

## Recovery expectations

Recovery is dependent on the severity of the injury. It can take up to 12 weeks before the injured joint structures have regained their full strength. However, it may take several months for your symptoms to settle completely.

Symptoms may include:

- Discomfort
- Stiffness
- Joint swelling
- Reduced strength.

Your therapist will guide you in terms of when it is safe to return to sport or heavy work.

## Contact us

Hand Therapy Unit, Ground Floor Building F, St Vincent's Hospital. Telephone: 9231 3805

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