

## Finger - Volar Plate Injury

Hand 14

### Fracture Care Team: Shared Care Plan

Trust Switchboard for both sites: 0300 131 4500

Fracture clinic and orthopaedic outpatient appointments:

- Eastbourne 0300 131 4788
- Conquest 0300 131 4861

Casting Department: Eastbourne 0300 131 5564

Casting Department: Conquest 0300 131 4860

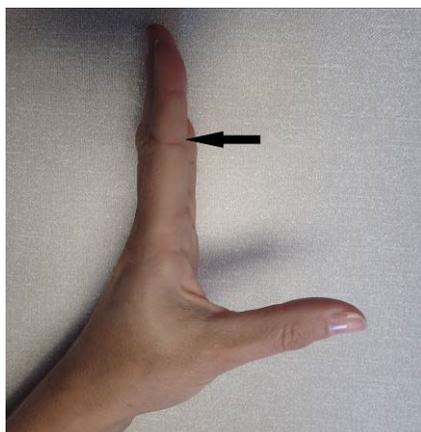
This leaflet can also be found at: <https://www.esht.nhs.uk/leaflet/volar-plate-injury/>

This information leaflet explains the ongoing management of your injury.

**You have sustained a volar plate injury to your finger. The volar plate is a strong ligament in the middle of the finger on the palm side. It goes between two finger bones, to stop the finger bending the wrong way at the 'P.I.P' joint.**

- Healing:** This normally takes approximately 6 weeks to heal.
- Pain and swelling:** Take 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. We encourage you to stretch it straight at the P.I.P. joint and hold this stretch for 10 seconds.
- Follow up:** We do not routinely follow up these injuries. 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. Some people need a splint to prevent their finger getting stuck in a bent position.

### Area of Injury



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 Fracture Care Team on the details provided above for advice.

## Please follow the Management / Rehabilitation plan outlined below -

Weeks since injury	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

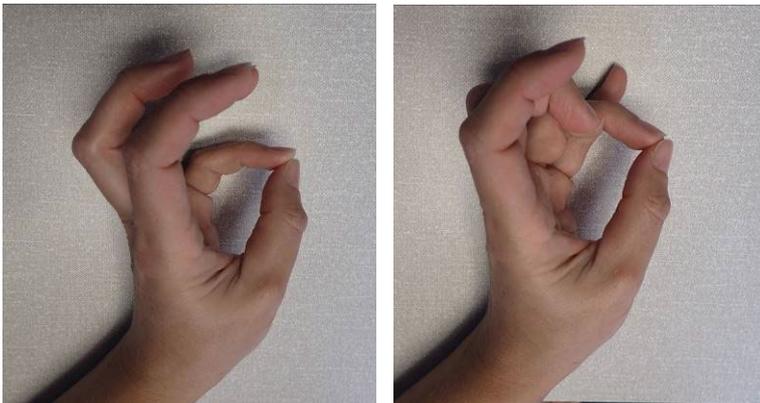
#### Cold packs:

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

Start these exercises 3 weeks after your injury



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

If finger joints become stiff in a bent position, it can help to hold them in a straighter position for 10 seconds. Massage of the soft tissues can also help.

## Sources of information

This information leaflet has been developed by the Fracture Care Team at Brighton and Sussex University Hospitals Fracture Care Team and adapted for use at East Sussex Healthcare NHS Trust. Information updated during the COVID-19 pandemic to ensure that patients with injuries have information, support and care despite social distancing.

## Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net).

## Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse, practitioner or doctor.

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## Reference

Thank you to the Brighton and Sussex University Hospitals NHS Trust and to Kate Weatherly, Specialist Orthopaedic Physiotherapist for the first version.

The following clinicians have been consulted and agreed this patient information:

Mr Guy Selmon – Consultant Orthopaedic Surgeon  
Prof Scarlett McNally - Consultant Orthopaedic Surgeon  
Miss Miranda Champion - Consultant Orthopaedic Surgeon  
Helen Harper-Smith – Professional Lead Physiotherapist  
Hilary Kircher – Clinical / Operational Lead Outpatient Physiotherapist

The Clinical Specialty/Unit that have agreed this patient information leaflet:  
Diagnostic, Anaesthetic and Surgery - Department of Trauma and Orthopaedics

Next review date: September 2025  
Responsible clinician/author: Helen Harper-Smith – Professional Lead Physiotherapist  
Prof Scarlett McNally - Consultant Orthopaedic Surgeon