



# PIP Joint and Volar Plate Injuries

## Anatomy

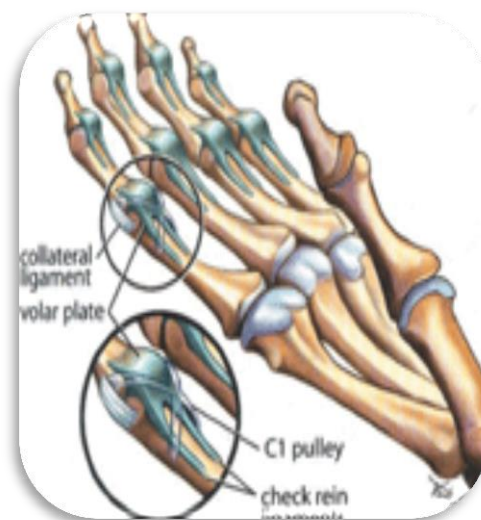
You have injured the soft tissues of the middle joint of your finger. This may involve a number of structures including ligaments. Ligaments provide stability to your joint and stop it bending backwards or sideways and this is essential for you to be able to grip things properly.

## Recovery

Your finger will take approximately 3 months to be strong again, and will need you to work hard at your exercises to gain full movement. Your therapist will guide you through each stage of the healing process.

## Swelling

It is normal after an injury to have swelling. Swelling can make your finger stiff and make moving your finger more difficult. In the initial stages it is advised not to leave your hand lower than your heart for long periods as this can encourage swelling into this area. Your therapist will instruct you on how best to manage your swelling.



## Splint

A splint is made to prevent your finger fully extending and to protect the injured ligaments. This must be worn **24hours a day for 4-6 weeks**. The rest of your hand will be left free for you to use for light activities.



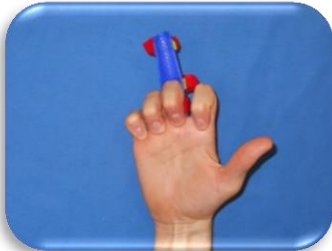



## Exercises



Unless advised to do so keep splint to perform the exercises but remove the top two straps. Do all of these exercises every 1-2 hours for x5 repetitions of each.

<p>With your unaffected hand gently guide your injured finger into a bend as far as pain allows. Hold for 10 seconds</p>		
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<p>Hold just below the top joint of your finger and blocking the affected joint bend the tip only as far as you can. Hold for 10 seconds.</p>	
<p>Bend all fingers down into a fist making sure all three joints bend as far as pain allows. Hold for 5 seconds.</p>	
<p>Make half a fist by bending all the fingers into a hook shape. Hold for 5 seconds.</p>	
<p>Straighten all fingers (the injured finger will be stopped from straightening too far by the splint). Hold for 5 seconds.</p>	

Additional information

	<p><b>Do Not:</b></p> <ul style="list-style-type: none"> <li>• Remove splint</li> <li>• Get your hand wet whilst wearing the splint</li> <li>• Grip anything with injured finger.</li> <li>• You should be able to use your finger for light activities at 4- 6 weeks and you will be able to return to heavy lifting and gripping and sport after 10-12 weeks.</li> </ul>
	<p><b>Contact us if:</b></p> <ul style="list-style-type: none"> <li>• If your pain increases and you cannot do your exercises</li> <li>• If the splint breaks or is uncomfortable</li> </ul>

This information leaflet is for patients who have had an injury to the proximal inter-phalangeal joint (PIPJ/middle joint) of the finger. It provides information on anatomy, precautions, the rehabilitation programme as well as a time frame of return to functional activities. This leaflet maybe complemented by more specific exercise/information sheets that will be provided by your therapist during your treatment sessions.

