



Information for
patients and
carers

Finger Collateral Ligament Injuries

Hand Therapy Advice

Finger Anatomy

The finger is made up of three bones separated by two joints.

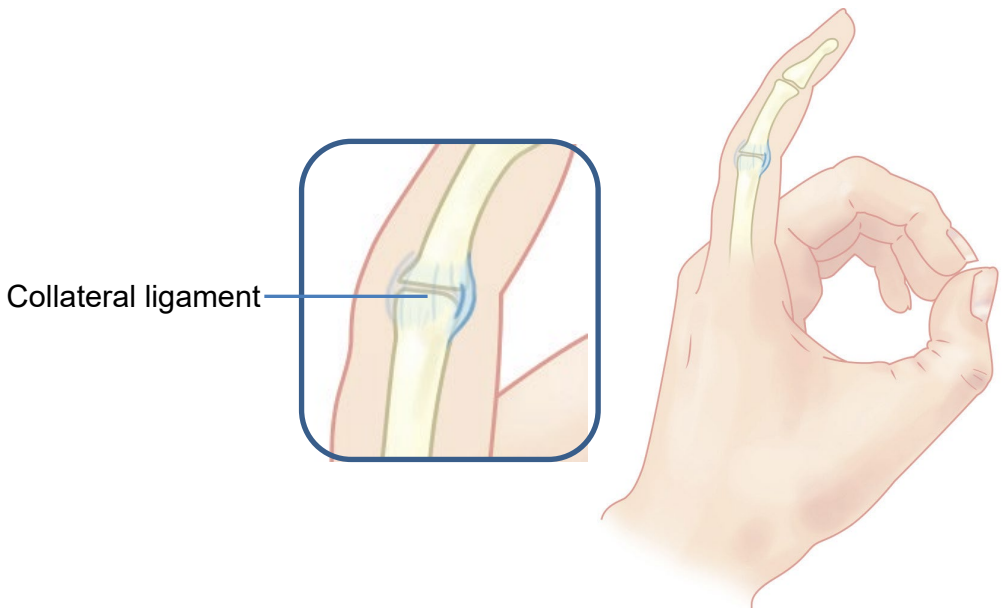
The finger joins to the palm at the knuckle joint.

The finger joints work like hinges enabling the finger to bend and straighten.

The finger joints are stabilised on either side by collateral ligaments.

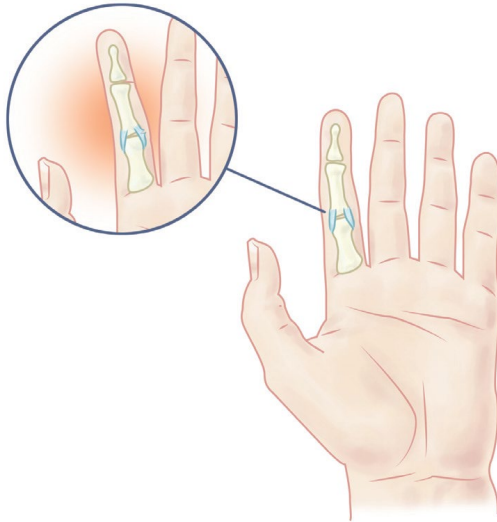
Ligaments are tough bands of fibrous tissue that connect bones together.

The collateral ligaments tighten when the joints are bent sideways and keep the joints stable from side to side.



Mechanism of Collateral Ligament injury

Forced sideways motion at any of the finger joints can cause partial or complete collateral ligament tears.



Treatment of Collateral Ligament injury

- Collateral ligament injuries can be serious injuries and may take 3-6 months to fully recover from
- Immediately after your injury keep your hand elevated above heart level as this will help to reduce any swelling
- Applying an ice pack to your finger for 10 mins at a time will help to decrease any pain and swelling in the finger. Continue this frequently for 3 days after the injury

- You will either be advised on ‘buddy’ strapping your injured finger to a neighbouring one, or you may be given a splint to wear for approximately 3-6 weeks to prevent further injury to the joint
- Whilst wearing the splint or ‘buddy’ strap you can use your finger for light activities (e.g. lifting up a cup of water) as pain allows
- You may also be provided with a resting splint for use at night time to protect it. This will hold the finger in a straight position
- It is advisable to refrain from contact sports until your finger joint is stable and pain free
- You can return to driving once out of the splint and you feel safe to be in control of a car

Hand therapy advice specific to you:

Feedback about the care you have received

We are always striving to ensure we provide the best possible care and improve our services based on what our patients tell us. We would really appreciate if you could take a few minutes to complete a short anonymous survey by scanning the QR Code on the next page. Paper versions are also available in our department next to the anonymous drop box for posting your feedback.

THE NHS FRIENDS AND FAMILY TEST

Have your say to improve your care. We would like your feedback on the care or treatment you have received today. Put us to the test and tell us what is working and what we can improve. You can say what you think as we do not ask for any of your personal details. The feedback will be used to plan and implement improvements to our services.

THANK YOU for taking the time to complete this survey.

Preston Hand Therapy



Chorley Hand Therapy



Contact details

Should you require further advice or information please contact Hand Therapy at Royal Preston Hospital on 01772 522879 or Chorley District Hospital on 01257 245757

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہی۔ معلومات

Arabic:

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلومات

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