



Information for
patients and
carers

Volar Plate Injuries

Hand Therapy Advice

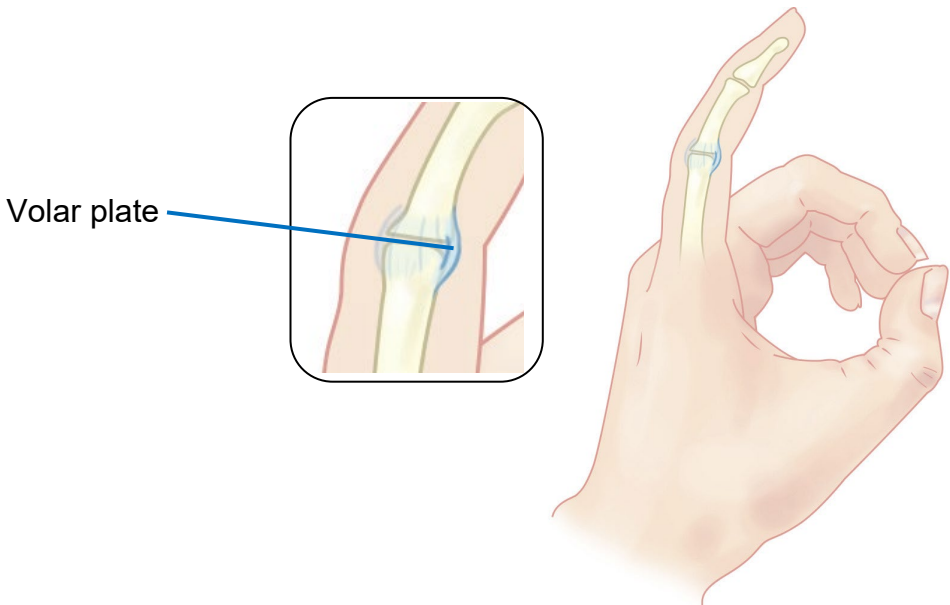
Finger Anatomy

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

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

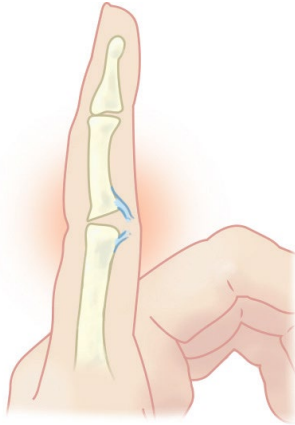
The finger joints are stabilised on the palm side of the joint by a ligament called the volar plate. Ligaments are tough bands of fibrous tissue that connect bones together.

The volar plate tightens as the finger straightens and protects the finger joint by preventing it from bending backwards (hyperextension).



Mechanism of Volar Plate Injury

Forced extension of any of the finger joints can cause partial or complete volar plate tears.



Treatment of Volar Plate Injuries

- 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 five days after the injury
- Your hand therapist will either continue the 'buddy' strap from Emergency Care or you will be given a splint to wear for approximately 3 weeks to help the injury heal and avoid stress and strains through use and activity
- Whilst in the buddy strapping/splint you will be asked to perform exercises to minimise joint stiffness and aid recovery:

1. On (date) _____

- a) Actively bend and straighten the end joint of your finger
- b) Hold your uninjured fingers straight and supported as shown. Bend the finger to be exercised at the middle joint and then lift it straight as pain allows. Do not force the finger straight



2. On (date) _____

- a) You may remove your splint or buddy strap, and start to fully straighten the whole finger
- b) Use warm water baths and massage over the joint to help free-up any tightness left over from wearing the splint
- c) If you are struggling to regain movement in the finger you may be given other splints and more exercises to assist with this

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 ے 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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Division: Diagnostics and Clinical Support
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