

## Virtual Fracture Clinic

# Finger sprains

## Information for patients

### What is a finger sprain?

Movement of the fingers occurs at the joints between the small bones. The bones are held in place by strong ligaments which encircle the bones and control the direction of movement when the tendons and muscles contract. These ligaments can be overstretched and some of the fibres may tear when the finger unexpectedly contacts a firm object or is suddenly twisted. This is termed a 'finger sprain'.

In some cases the ligament can tear off a small piece of bone when it is overstretched. This is termed an 'avulsion fracture'.

Finger sprains usually occur in the middle joint (the proximal interphalangeal joint - PIP joint) of the fingers although occasionally they can also occur at the other finger joints.



### What causes a finger sprain?

Finger sprains are usually caused by an unexpected force through the finger. This might be through contact with the ground or an object such as a ball, or if the finger is caught on an object or in an article of clothing. Quite frequently this injury happens during sporting activities.

### What are the signs and symptoms of a finger sprain?

If you have sprained your finger you may notice that it is swollen and bruised. It will usually be painful around the joint and particularly with movement. It may be more difficult to see the knuckles and you might find it difficult to open and close your fingers.

### What are the treatments available for a finger sprain?

Finger sprains are often treated successfully with a combination of rest and gentle movement, as well as techniques to reduce any swelling. The aim of treatment is to restore normal movement to the finger as soon as possible. You may find it beneficial to strap the finger to a neighbouring finger for support in the first one to two weeks.

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It is important that you start gentle movement early and that you try to use the finger for light activities. You should expect to start trying to move the finger within 48 hours of the injury and to be able to make a full fist within two weeks of the injury. Exercises to help you do this are outlined below. Surgery for finger sprains is rarely necessary.

## What is the usual outcome after a finger sprain?

Most finger sprains heal without problems. It may take several months for any swelling to resolve and to feel like you have full strength and flexibility in the hand.

Occasionally some people will experience loss of movement and stiffness in the injured joint and they will need to see the hand therapy team for exercises, advice and splinting to try to overcome the stiffness. They may have difficulty making a full fist or straightening the finger fully. A minor loss of straightening is unlikely to affect function however if the bent finger results in difficulty using the hand and the movement has not improved with hand therapy, it may be necessary to see a hand surgeon.

Less commonly, some people experience instability in the injured finger. This means that the ligaments are no longer providing the same level of support as they were before the injury and the finger may feel like it 'gives way'. You may notice pain and weakness on gripping. Initially it is best to try to manage this with splinting but if the instability does not resolve with this treatment it may be necessary to discuss an operation with your hand surgeon.

## When can I return to work and sport after a finger sprain?

You should avoid any heavy gripping, pulling and pushing for the first few weeks after your injury but you can use your hand immediately for light activities such as eating / drinking / dressing / typing and light housework. You should avoid contact sports and heavy manual work until you feel like you have full flexibility and strength in the finger.

If you require a Statement of Fitness to Work (sick note) you should contact your GP and take this information and any other documentation from the hospital. You can find more information about Fitness to Work at <http://www.nhs.uk/chq/Pages/1062.aspx>

## Is there anything I can do to help myself?

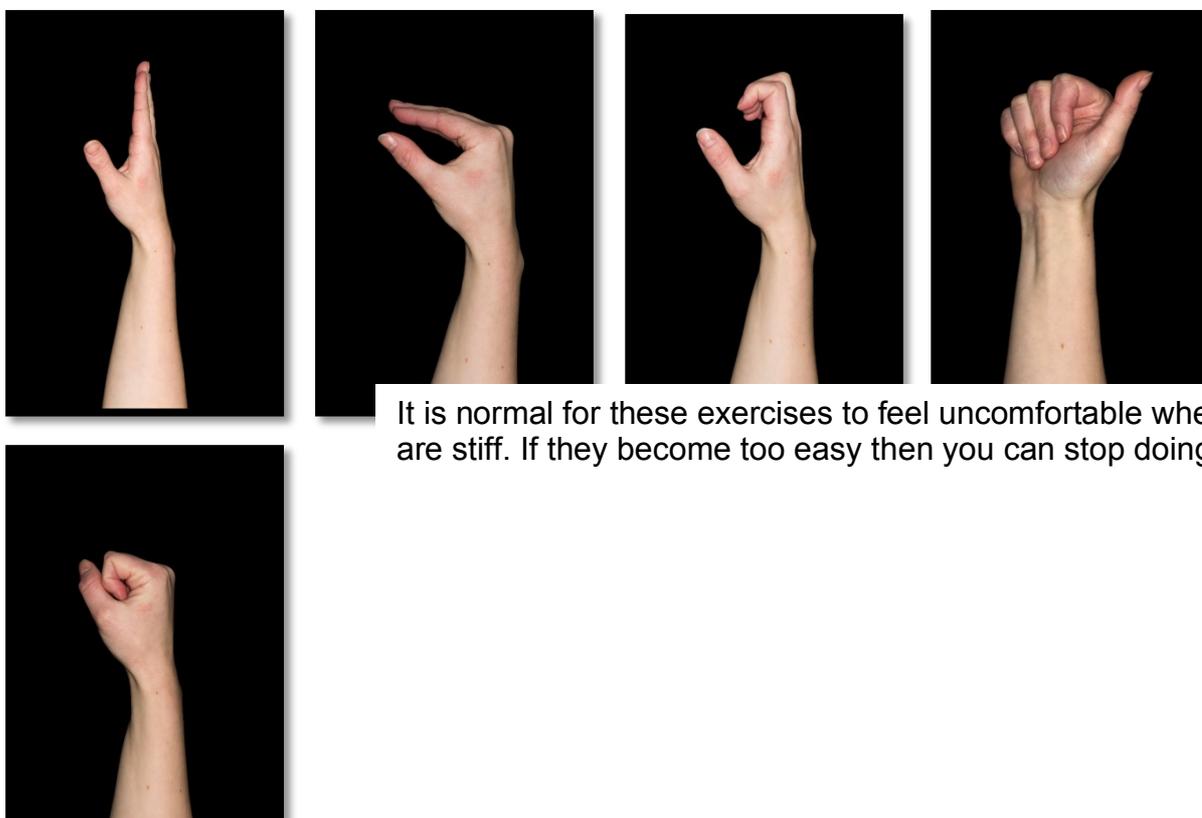
There are a couple of things that you can do to optimise your recovery:

1. Basic painkillers and anti-inflammatories like paracetamol or ibuprofen can help manage pain and swelling. Please speak to your local pharmacist if you are unsure as to which medications you can safely use.
2. It is important that you try to keep your hand elevated above the level of your heart for the first one to two weeks to minimise the swelling in the finger. However you should avoid wearing a sling as this can cause discomfort in the shoulder and neck.
3. Apply ice to the swollen area for 15 minutes, three to four times per day. For example, use ice cubes or a bag of frozen peas wrapped in a tea cloth. If it starts to feel uncomfortable do not continue.
4. You should try to move your fingers, opening and closing your hand in a fist, as much as you can. This will help with the tissue healing and prevent the finger from becoming stiff.

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5. You should try to use your hand as normally as possible within the buddy straps but you should avoid any heavy lifting, pulling or pushing for the first six weeks after your injury.
  6. You should also make sure to maintain the normal movement in all the other joints of your hand and upper limb by moving them regularly

## What exercises should I do?

To avoid stiffness and to optimise the return of movement, perform the exercises below five to ten times, five times each day:



It is normal for these exercises to feel uncomfortable when the fingers are stiff. If they become too easy then you can stop doing them.

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## Who can I contact for more information?

Please look at our website which has educational material for patients and professionals

[www.londonvirtualfractureclinic.co.uk](http://www.londonvirtualfractureclinic.co.uk)

Please note the phone line is open **Wednesday mornings** only.

**From:** 9:00am to 11:00am

**Please call:** 02033125990

**Or email:** [VirtualFractureClinic@imperial.nhs.uk](mailto:VirtualFractureClinic@imperial.nhs.uk)

### **To speak to someone about hand therapy appointments**

Please telephone 0203311 0333

## How do I make a comment about my treatment?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at [pals@imperial.nhs.uk](mailto:pals@imperial.nhs.uk). The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to express your concerns in **writing** to:

Complaints department  
Fourth floor  
Salton House  
St Mary's Hospital  
Praed Street  
London W2 1NY