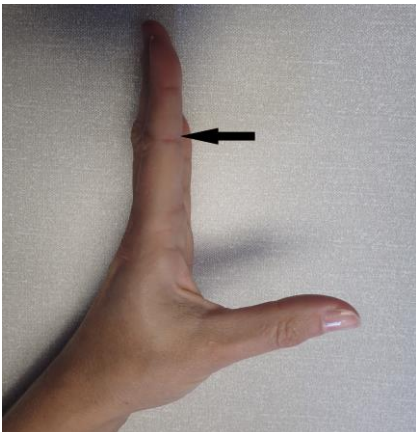


This is a follow-up letter to your recent consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist).

**You have injured your finger (a volar plate injury). The volar plate attaches to the bone and has pulled on the bone at the base of the middle finger (middle phalanx bone).**



**Healing:** This normally takes approximately four to six weeks to heal.

**Pain and swelling:** If it is painful take pain killers as required (always read the label; do not exceed the recommended dose). You may find it continues to be 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.

**Follow up:**

We do not routinely follow up these injuries as they heal well. 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 or email. We may refer you for hand therapy.

**Please follow the plan:**

Weeks since injury	Plan
0 - 3	✓ Keep your fingers moving to prevent stiffness (see section 'initial exercises')
3- 6	✓ Move your injured finger (see section 'stage 2 exercises')
6 -12	✓ The injury has healed. ✓ Return to normal activities
12	✗ If you are still experiencing significant pain and swelling, 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.

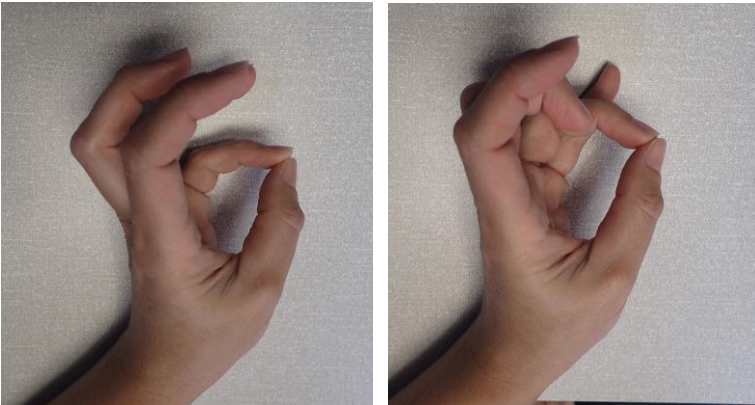
**Stop smoking:**

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure that you recover as well as you can from this injury.

If you would like help with stopping smoking, please contact a member of the Hospital Stop Smoking Team on 01384 456111 ext. 2783, please refer to the following website:

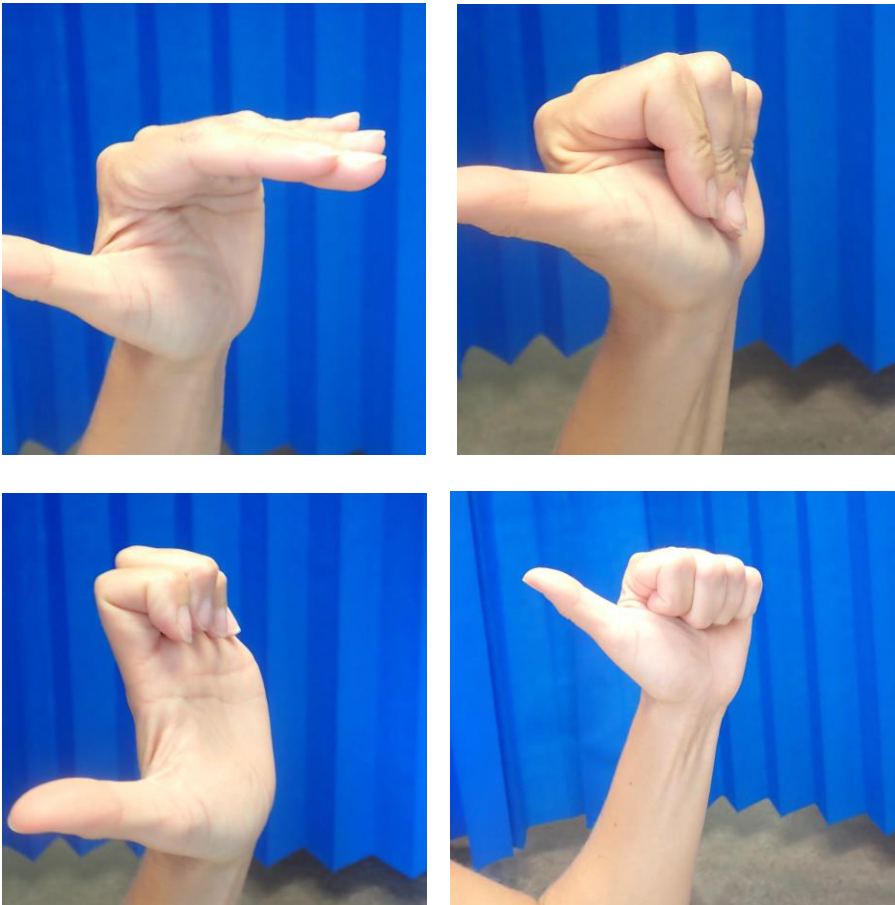
<http://smokefree.nhs.uk> or discuss this with your GP.

**Initial exercises:**  
Do these exercises several times a day



Touch each finger to your thumb.  
Repeat five times

**Stage 2 exercises:**



Bend and straighten all the joints in your fingers as shown. Do not force the movement, work within your limits.  
Repeat five times



Use your other hand to keep your finger steady and bend and straighten the finger joint nearest your palm.

Repeat five times



Use your other hand to keep your finger steady and bend and straighten the finger joint nearest the end of your finger.

Repeat five times