

## Finger injuries: advice and exercises

### What to expect

After a finger proximal interphalangeal (PIP) joint injury, we would normally expect you to wear a splint for up to three weeks. This splint will protect your finger and prevent it from straightening fully at the middle finger joint. This will help the healing process. It is quite normal for your finger to remain enlarged in the first few weeks following this injury and it is possible the joint may be permanently enlarged. By the end of the splinting period you will normally be able to bend your finger fully.

### To reduce swelling

Compression bandage provides compression and support to your finger. It is applied at the discretion of the therapist as it is not always needed. The splint goes on top of the bandage.

To apply this tape:



- Apply a single layer to the affected finger working from your fingertip to your hand.
  - Apply the bandage with minimal tension.
  - Start with one full overlap. Press the overlapped area lightly to keep the end in place.
  - Proceed with wrapping, overlapping the tape by half its width.
  - When the application is complete, cut off excess compression bandage and secure the end with a light pressure.
- If your finger throbs, goes blue, or has pins and needles, unwrap and reapply the bandage with less tension. Remove it if you have a skin reaction.

### To maintain movement

While you are wearing your splint, it is important that:

- You **do not** alter the splint yourself
- You **do not** attempt to push your finger to fully straighten
- You repeat these exercises **every hour** or as advised by your hand therapist to minimise stiffness
- You can bend your fingers at the big knuckles with the splint on

## Exercises

The following are specific exercises to improve your finger movement and function.



1. Loosen the top Velcro strap but retain the bottom strap around the base of your finger. Bend your fingertips towards your palm to try and make a hook. Straighten your finger back to the splint.  
Repeat \_\_\_\_



2. Retain the bottom strap around the base of your finger. Bend the fingers to the palm to make a fist.  
Repeat \_\_\_\_

## Contact details

**Hand Therapy Team, Therapy Services Department**  
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For further general health-related information, please ask the relevant department for an Information Prescription or contact:

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**If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Information Team confidentially: phone 01202 448003, write to the Health Information Centre (address above), or email [patient.information@poole.nhs.uk](mailto:patient.information@poole.nhs.uk).**