



First aid for finger injuries

Hand therapy advice to a player on game day regarding a PIPJ injury



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Subluxation/bent-right-back

At/after the game (immediately):

- Finger first aid: Ice, coban & buddy-tape to adjacent digit in slight flexion.
- Continue taping over the weekend.

Monday (2 days post):

2/3 AROM or more, minimal swelling, significant pain reduction:

- Coban + buddy tape in flexion, see the hand therapist in 1/52 if still symptomatic.

1/2 AROM or less, moderate swelling, pain to palpate:

- Referral to hand therapist for splint for 10 days – 3 weeks.
- Can continue to play sport in sports brace. This will provide protection, enhances recovery and feels better.

* Bruising indicates a fracture > xray the finger.

Dislocation/finger pops out

(More than 1 restraint is ruptured)

At the game (immediately):

- Finger first aid: Ice, coban & buddy tape in slight flexion.
- Request for xray ASAP same day.
- Referral to hand therapist – explain need for splint: enhances recovery and return to play, prevents recurrence of injury and joint instability.

Monday:

Appointment with hand therapist for splint. Take xray.

* Bruising indicates a fracture > xray the finger.

Recurrent dislocation

- Splint if a recurrent injury swells up (to harness some of nature's glue – scar tissue in the healing process).

Ongoing:

- Buddy tape for all games +/- protective dorsal splint inserted under tape.

* Bruising indicates a fracture > xray the finger.

How can we help?

For enquiries and appointments please call Melbourne Hand Rehab on **03 9458 5166** or conveniently book online at:

melbournehand.com.au