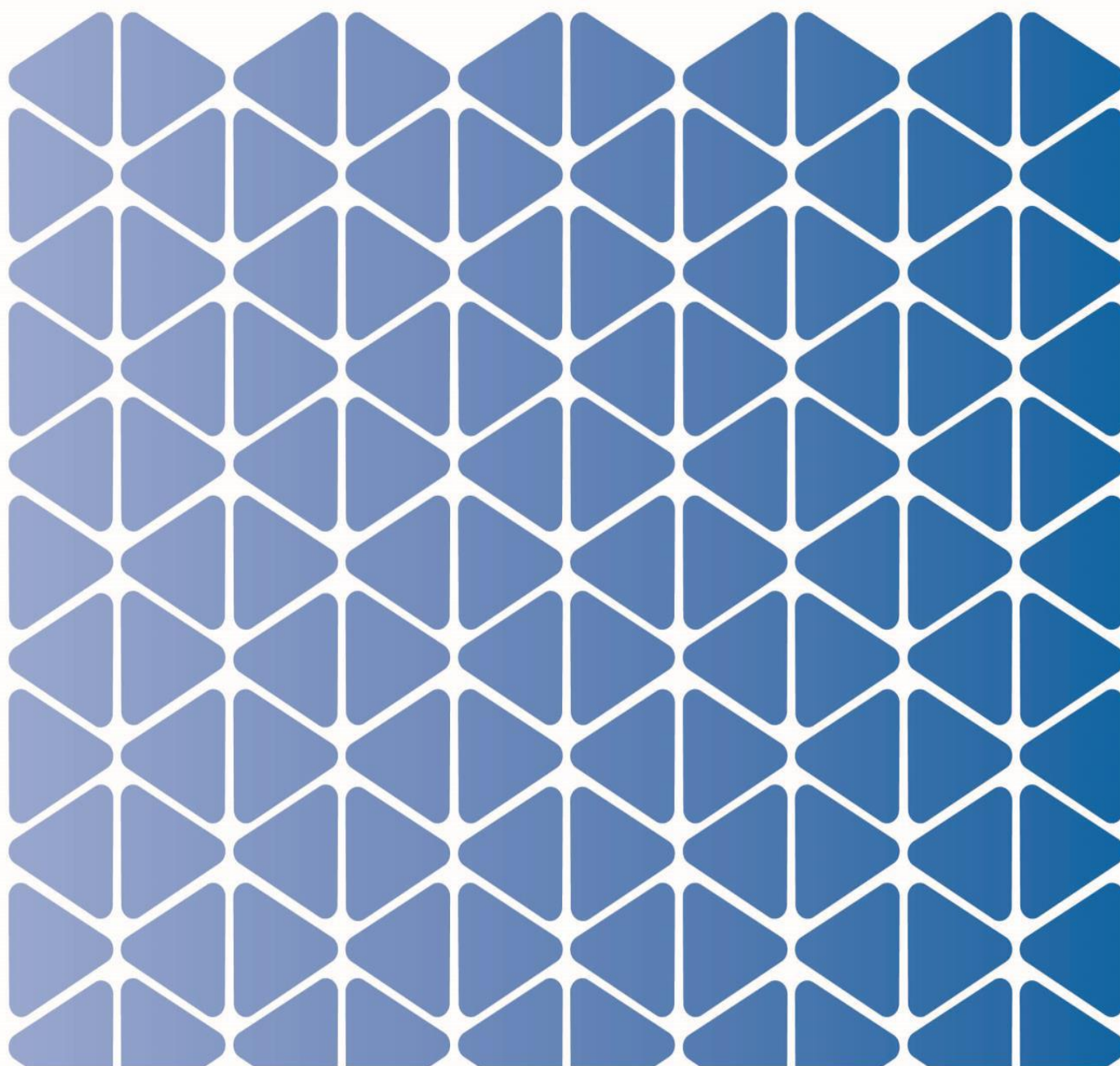


PATIENT INFORMATION**VOLAR PLATE INJURY**

What is a volar plate injury?

A volar plate injury is damage to the tough fibrous tissue on the palm side of the middle joint of your finger. Usually it is caused when your finger is forced backwards. The plate can tear from the bone (soft tissue), or a piece of bone can come off with the tear (bony).

What are the symptoms?

You may have pain, swelling or bruising over the joint. Initially it may be too sore to move fully.

How are volar plate injuries managed?

Most volar plate injuries can be managed by taping or splinting your finger to a neighbouring finger that is not hurt. This taping or splinting can be used for the first 2-3 weeks, or if you are worried about catching your finger.

It is important to keep moving your finger as much as you are able- fully bending and straightening it as much and often as you can. Avoid heavy work whilst it is still stiff and painful.

What can I expect after treatment?

These injuries can take a while to settle. It is quite common for them to remain painful, swollen and stiff. It is particularly common for it to be difficult to straighten your finger fully. Sometimes the finger never fully straightens again, so you may be left with a slight bend, likewise it may never quite go back down to its original size due to joint scarring. This usually doesn't affect your function.

If you do develop ongoing issues, or are concerned that you are not able to move your finger properly, please contact VFC or Hand Therapy.

Here is some simple advice and exercises to help you safely manage your injury

FOR PAIN RELIEF

HOT WATER SOAKS are very useful for stiffness and pain in the fingers – but unless performed in conjunction with exercises, do not have any long term benefit.

☐ ***Use moisturising cream on hands***

☐ ***Put on washing up gloves (NB: If you are allergic to latex, you will have to find a non-latex glove)***

☐ ***Place your gloved hands in hot water for 10-20 minutes. Ensure water does not enter glove.***

☐ ***REMOVE GLOVES AND DO THE FOLLOWING HAND EXERCISES.***

Do this as often as you can, ideally three times a day.

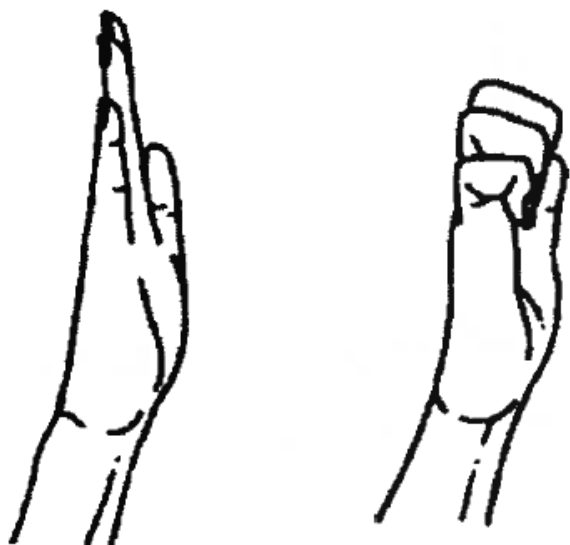
FINGER AND THUMB EXERCISES

Repeat all of the exercises below 10 times, 3 times each day:-

1. Make a tight fist and then stretch your fingers out as far as you can.



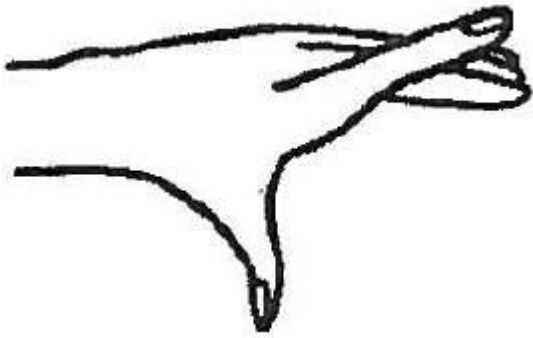
2. Keeping the first row of knuckles straight, bring your fingers down to your palm and then stretch them out.



3. Now bend the knuckles keeping the finger joints straight.



**4. With your palm resting downwards on a table:-
Lift all of your fingers off the table together**



Lift each finger in turn off the table

Should you have any worries or concerns following your discharge from hospital please contact:

Virtual Fracture Clinic

07:00 – 14:30 Monday-Friday

Worcester Royal Hospital 01905 760 259

<https://www.worcsacute.nhs.uk/virtual-fracture-clinic/>



Hand Therapy (Occupational Therapy)

Worcester Royal Hospital 01905 760 683

Alexandra Hospital Redditch 01527 512 146

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.