Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Volar Plate Sprain

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Patient Information

Trauma and Orthopaedics

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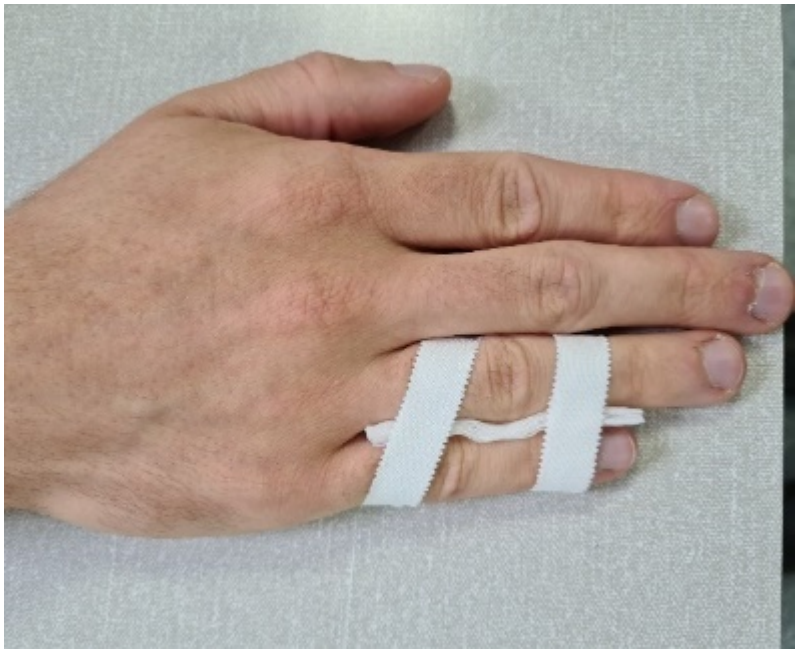
Introduction



The volar plate is a thick ligament which joins two bones in the finger. This injury occurs when the finger is bent too far the wrong way, spraining, or tearing the ligament. This can often happen playing sports.

Symptoms include pain, bruising and swelling. An X-ray of your hand may show a very small piece of bone; this happens where the ligament is attached and gets stretched suddenly during the injury. This injury is due to a sprain of the ligament, not a broken bone.

Injury recovery



- It takes 6-12 weeks to recover from this injury. Often this is much quicker in children

- Pain and swelling are normal

- Wear strapping for up to two weeks as tolerated

- Take simple painkillers e.g., paracetamol for as long as you need to; do not take more than the recommended dose. Your local Pharmacist is a useful source for pain relief information

- A splint can be worn for up to two weeks (if provided); not everyone needs this

It is very important to start your exercises as soon as possible.

Smoking slows down the healing process. We advise that you stop (at least whilst recovering from your injury). Speak to your General Practitioner (GP) or go online at: https://www.nhs.uk/smokefree

Exercise



It is very important to maintain movement of the finger to avoid stiffness from DAY ONE, even if this means overcoming some discomfort. Do these exercises every hour during the day (you can do them with tape on). Take splints off to exercise (if provided).

1. Try to bend your fingers, aiming to touch your palm with finger tip.

2. Lay your hand on a flat surface to fully straighten your finger.

It is quite normal to feel some discomfort following exercise, but it is important that this disc omfort eases after finishing the exercise and does not have an overall negative effect on y

our symptoms.

Warning signs!

Some people as they heal can develop a bend in the finger called a ‘contracture’. Contractures can be stubborn, if not treated early on. If you are worried or have NOT got full range of movement by two weeks you should call the Fracture Clinic helpline to arrange an appointment with our Hand Therapy Team.

It is common for some swelling to stay for many months, and sometimes this can remain forever, but this should not affect the ability to use your hand after six weeks.

Most injuries heal well without any problems; however it may take 3-6 months for your symptoms to settle completely. If you have any worries, please call the helpline.

Disclaimer

Not all exercises are suitable for everyone, and while every precaution has been taken in sele cting these exercises, they do not come without risks. If you have any concerns regarding your injury, or whether you should partake in the exercises, then you should consult your GP or Physiotherapist before beginning any exercises in this leaflet.

The exercise plans shown in this leaflet are designed to be used as a guide and a point of refer ence; they can be modified and progressed under the supervision of your Physiotherapist.

For more information online please visit https://www.wwl.nhs.uk/virtual-fracture-clinic

Frequently asked questions

When can I drive?

It is your own responsibility. You are allowed to drive when:

- You can safely control the car
- You can grip the steering wheel or gear stick
- You can perform an emergency stop

When can I go back to work?

This depends on your individual situation. You can return to work when you feel able to do your job.

Fracture Clinic contact details:

If you have any concerns regarding your hand, contact:

Fracture Clinic Helpline: 0300 7072595

Please leave a message with name, telephone number and brief description of reason for call. We will aim to call you back within 24hours Monday to Friday 8.30am until 5pm (please

note it will be Monday if you call over the weekend).

Adult MSK Physiotherapy Self-Referral

If you are struggling to regain your movement or get back to normal activities, you can self-refer to **Physiotherapy**. A referral form can be found on this webpage:

https://www.wwl.nhs.uk/adult-msk-physiotherapy-self-referral

Please scan the QR Code to access the website.

Telephone Numbers:

Boston House Health Centre Telephone 0300 707 1113

Leigh Infirmary Telephone 0300 707 1597 / 0300 707 1595

Platt Bridge Health Centre Telephone 0300 707 1772



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