



Volar Plate injury - patient information leaflet

What is a volar plate injury?

A volar plate injury is usually caused when your finger is forced backwards (known as hyperextension). This can cause the soft tissue on the palm side of your joint (volar plate) to tear or become detached (avulsed) from the bone. It most commonly affects the middle joint of a finger and is often the result of a sporting injury or a fall.

It is a common injury and treatment is focussed on exercise and support for the finger.

Early management

It is normal to experience pain, swelling and bruising. Keep your finger moving as pain allows.

You can take regular over the counter pain medication if required.

To reduce any swelling and pain you should:

- **REST** – for the first few days avoid any activities that cause an increase in pain.
- **ICE** – you can ice your finger for up to 20 minutes every 1-2 hours. Use an ice pack wrapped in a tea towel. You can continue this for up to a week.
- **ELEVATE** – rest your hand higher than your elbow for up to two weeks.

You may also have been issued a small tubigrip splint (bedford splint) to wear to support your finger – this can be worn for up to three weeks.

Rehabilitation

- Move and use your hand as normally as possible whilst avoiding heavy lifting.
- Avoid forcing your finger backwards.
- Try and move your fingers into a fist as often as possible to avoid your finger becoming stiff.

You can return to contact sports within 12 weeks.

Exercises



Keeping your finger joints straight, bend your knuckle joints until you reach the position shown in the picture.



Keeping your knuckle joints straight, bend your fingers at the middle and end joint until you reach the position shown in the picture.



Keeping the end joint of your fingers straight, bend your fingers from your knuckle and your middle finger joints until you reach the position shown in the picture.



Make a fist.

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