



Tuft Fracture

Patient information leaflet

What is a tuft fracture?

A tuft fracture is a fracture through the tip of the bone at the end of your finger. They are usually caused by a crush injury, for example shutting your finger in a door.

This is a common injury which generally heals within 4-6 weeks.

No specific therapy is required, although you are advised to avoid heavy lifting, pushing or pulling for six weeks.

Early management

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

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

To reduce your swelling and pain you should:

- **REST** – for the first few days avoid 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 should continue this for up to a week.
- **ELEVATE**- rest your hand higher than your elbow for up to two weeks.

Rehabilitation

You should:

- aim to move and use your hand as normally as possible whilst avoiding heavy lifting.
- try and move your fingers into a fist as often as possible to avoid your finger becoming stiff.
- be able to return to contact sports within eight 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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