

# Soft Tissue Injury- Finger

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Na żądanie ta ulotka może zostać udostępniona  
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## Information for Patients

This is a follow up leaflet to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and a Physiotherapist.

### You have sustained a soft tissue injury to your finger

This normally takes up to six weeks to heal. During this period, it is important that you follow the exercises on the following pages to prevent further injury and help to improve your function. You may use the arm in the meantime; it is important to keep the wrist moving to prevent stiffness. Take pain killers as prescribed. Use the splint (if provided) for comfort only, and try to wean out of this as soon as possible.

You can neighbour / 'buddy' strap your finger to it's adjoining finger for support for 2-3 weeks as needed to avoid catching your finger and provide additional support. If you are worried that you are unable to follow the rehabilitation plan, you are still experiencing pain and swelling after six weeks, are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, or if you or if you have any questions, then please contact us for advice using the contact details on the back of this booklet.

### Smoking cessation

Medical evidence suggests that smoking prolongs healing times. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your injury will help ensure optimal recovery from this injury. For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

### Information for patients

Weeks since Injury	Rehabilitation Plan
0-3	<ul style="list-style-type: none"><li>• Continue 'buddy' strapping your injured finger to your next largest finger.</li><li>• Keep your fingers moving to prevent stiffness.</li><li>• Complete Stage 1 Exercises.</li></ul>
3-6	<ul style="list-style-type: none"><li>• Try not to tape / strap your finger.</li><li>• Gradually resume normal activities as pain allows.</li><li>• Complete Stage 2 Exercises.</li></ul>
6-12	<ul style="list-style-type: none"><li>• Complete Stage 3 Exercises.</li><li>• Complete normal activities.</li><li>• Heavier or more strenuous tasks, including heavy lifting, may still be difficult and cause discomfort and swelling at this stage.</li></ul>
12+	<ul style="list-style-type: none"><li>• Symptoms will continue to improve over the next few months.</li><li>• If you are still experiencing significant pain and / or stiffness please contact us for further advice / management .</li></ul>

## Exercises

### Stage 1 Exercises (3-4 times a day)

#### Elbow bend & straighten

Bend and straighten the elbow of your injured arm so you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.



#### Forearm rotations

Rest the elbow of your injured arm by your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push if it causes pain.

Repeat 10 times.



#### Wrist flexion and extension

Move your wrist up and down.

Repeat 10 times.





## Exercises

### Stage 2 Exercises (3-4 times a day)

#### Finger extension stretch

Place your hand on a table, with your palm facing down. Using your other hand, apply downwards pressure to the affected finger and joint. Hold for 5 seconds.

Repeat 10 times.



#### Finger flexion stretch

Using your other hand, bend each joint in your affected finger downwards in the direction of your palm. Hold for 5 seconds.

Repeat 10 times.



#### Grip strength exercises

Regularly squeeze a stress ball for 30-60 seconds

Or

Practice wringing out a damp cloth.

Repeat 10 times.



## Exercises

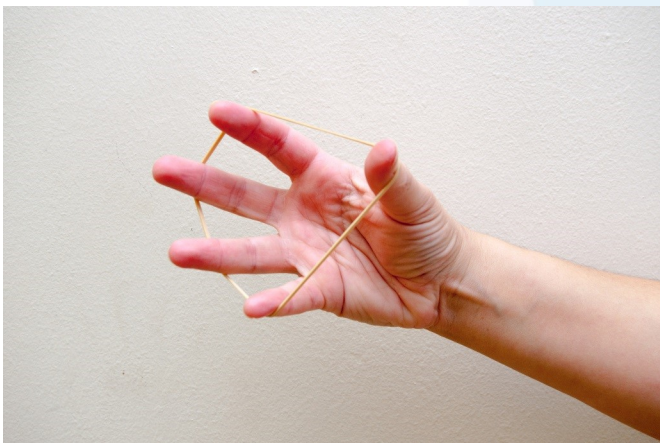
### Stage 2 Exercises Continued (3-4 times a day)

#### Practice normal hand movements

For example turning keys, picking up small objects, doing crafts or anything that involves using your hands.



### Stage 3 Exercises (3-4 times a day)



#### Finger strengthening

Place a small elastic band around your fingers, slowly spread your fingers, pushing out against the resistance of the band.

Repeat 10 times.

## Contact Information

**Fracture Clinic: 0151 430 4905 (9am-5pm Mon-Fri)**

**Emergency Department: 0151 430 2399**

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Warrington Road,  
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