

Volar Plate Injury

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Na żądanie ta ulotka może zostać udostępniona
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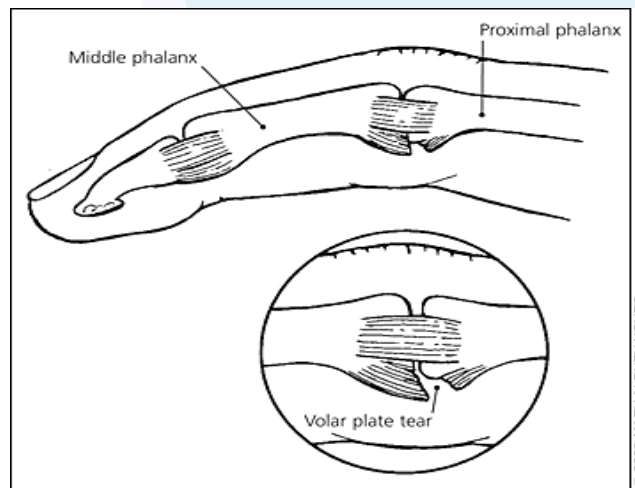
Volar Plate Injury

The volar plate is a ligament located on the palm side of your proximal interphalangeal joint (PIPJ). The purpose of this ligament is to support the PIPJ and prevent it from becoming dislocated.

Injury occurs to the volar plate when it is stretched backwards, further than it is designed to do so. When this happens, the joint becomes painful, swollen and bruised. It can also result in reduced range of movement.

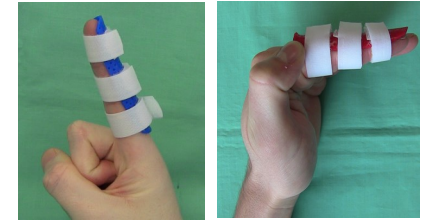
There are different types of volar plate injury:

- Sprain (ligament is stretched)
- Rupture (ligament is torn)
- Avulsion fracture (ligament is torn away from the bone)

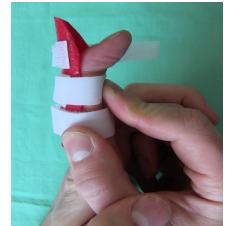


Exercises x5 reps every hour

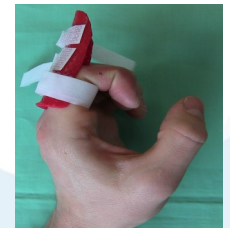
1) Maintain ROM of all unaffected fingers and joints



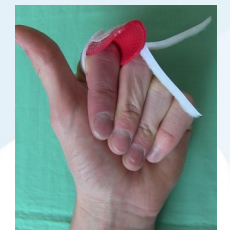
2) Remove the top strap from your splint. Using your unaffected hand for support, bend and straighten the top joint of your finger.



3) Remove the top two straps from your splint. Bend and straighten the top two joints of your finger.



4) Bend and straighten the middle joint of your finger.



Repeat the above exercises 5 times every hour.

Replace straps once exercises are completed and continue to wear your splint throughout the day and at night.