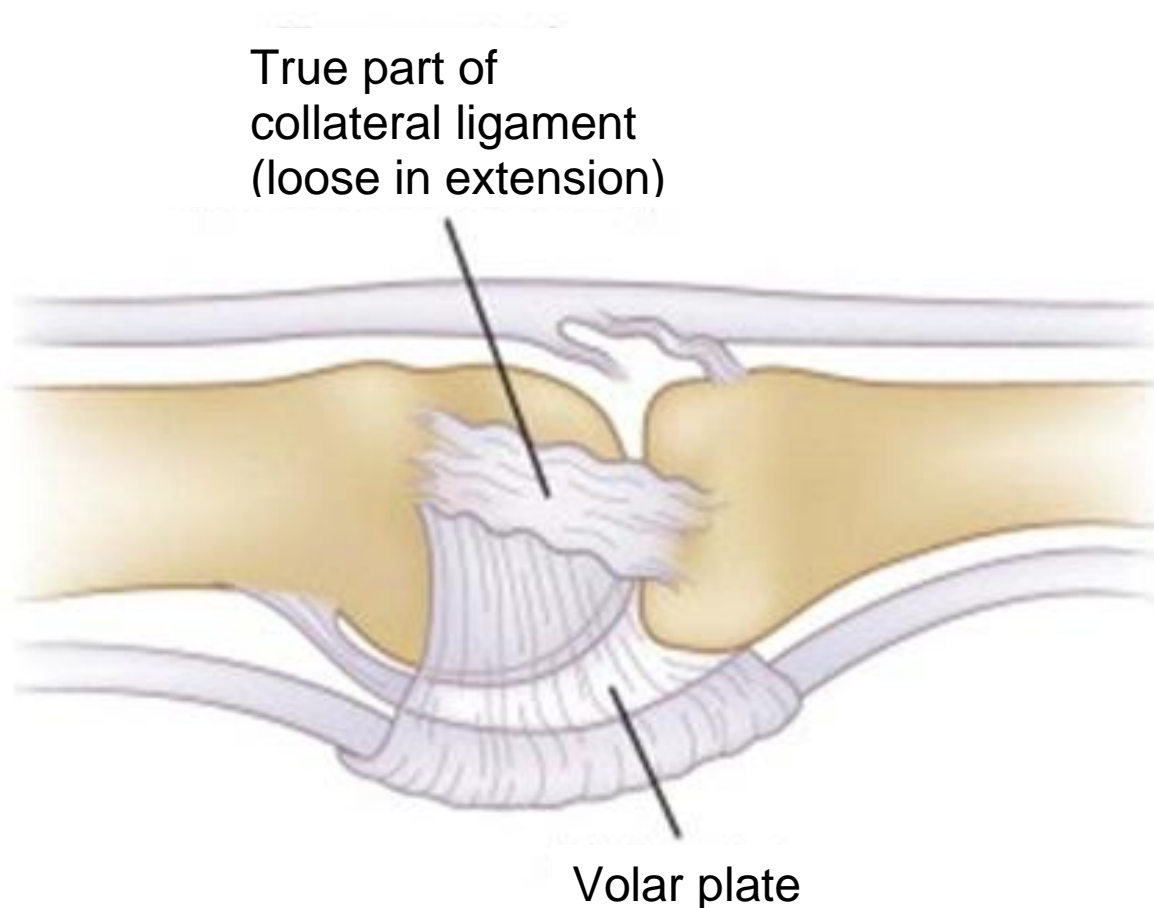


# Volar plate injury

## Information for patients

This leaflet explains more about volar plate injury. If you have any queries or concerns, please do not hesitate to ask your therapist.



### What is the volar plate?

The volar plate is a small a ligament on the palm side of the middle joint of your finger. This structure helps to prevent the middle joint from overstretching. The collateral ligaments on each side of the joint prevents the joint from bending sideways.

### What is a volar plate injury?

A volar plate injury occurs when the joint is bent backwards and overstretched which often occurs from sporting injuries. This can lead to the volar plate being torn and sometimes can pull a piece of bone away, this is known as an avulsion fracture. The volar plate can also be injured if the joint dislocates.

## What can I expect?

### Swelling:

It is normal to have swelling after an injury. Ensure to keep your hand elevated to reduce swelling. Your clinician may also advise you to use compression wrap to reduce swelling.

### Pain:

You can take regular over the counter pain killers at the lowest dose to assist with pain relief.

Most volar plate injuries will heal in about six weeks. However, the swelling, pain or discomfort may take several months to settle completely.

## Treatment

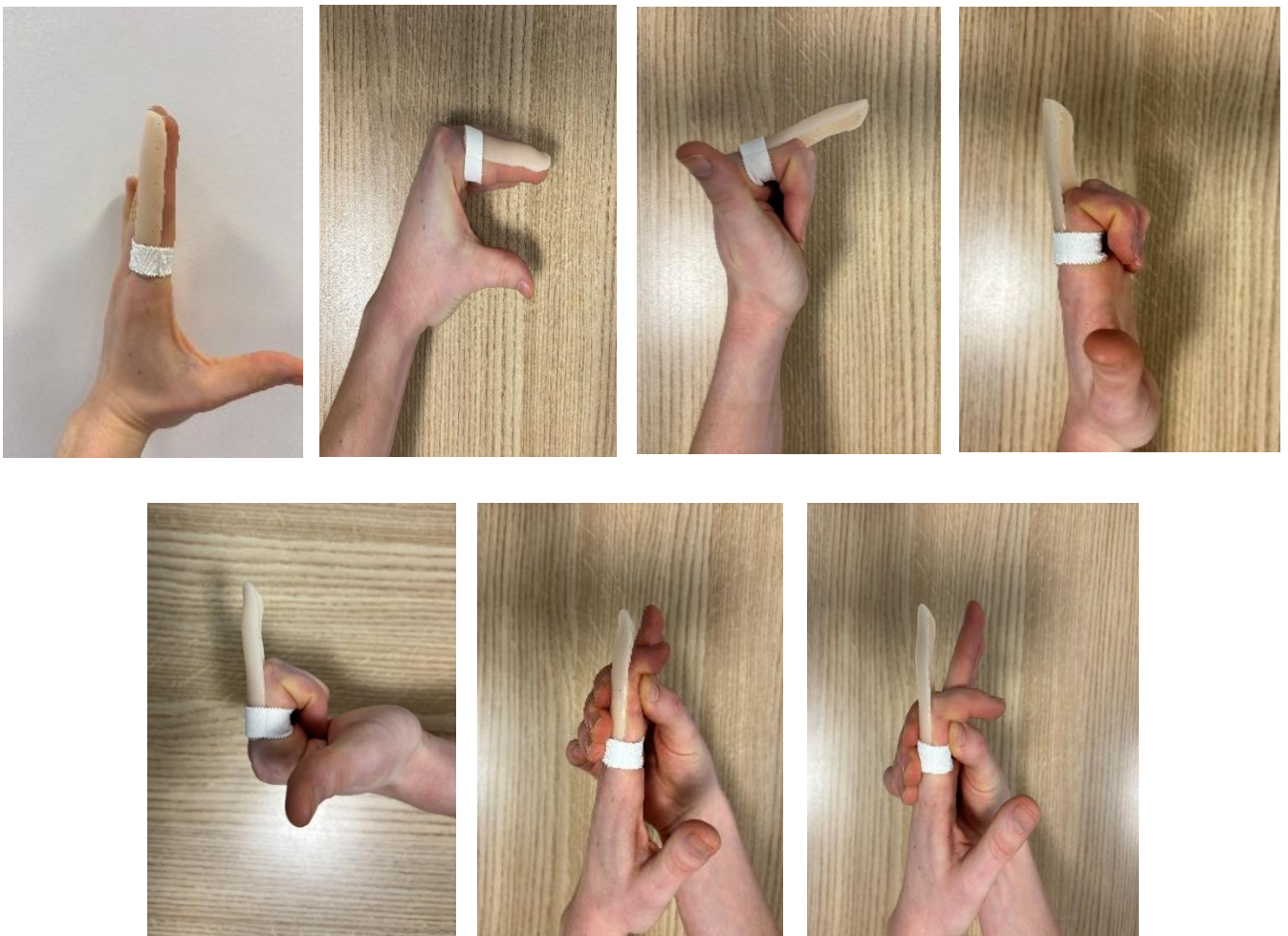
Depending on the degree of your injury you will be provided a Bedford splint (buddy taping) or a thermoplastic splint for protection of your finger. Your splint is to be worn 24 hours per day for up to six weeks.

## Hand Use

From weeks 1-6 you can use your hand for light activities, but avoid the use of the affected finger. From weeks 6-8, the splint is discontinued and you can start to use your hand for medium activities - refer to the "Hand Use" sheet. From week 8 onwards you can return to normal hand use.

## Exercises

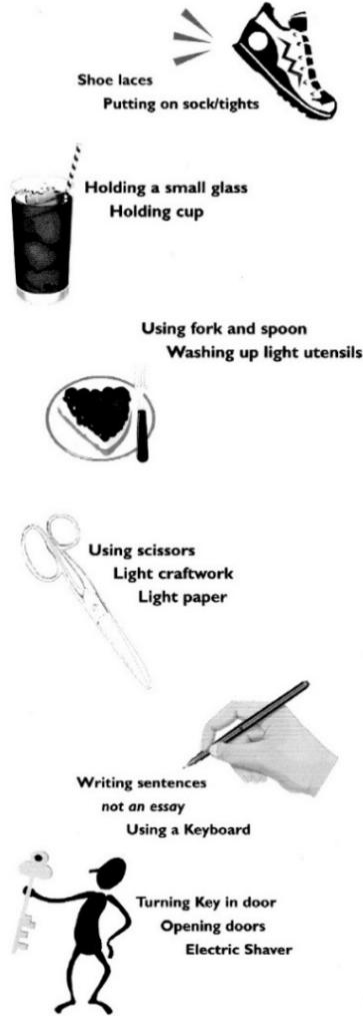
Complete your exercises 3-4x daily with 10 reps of each.



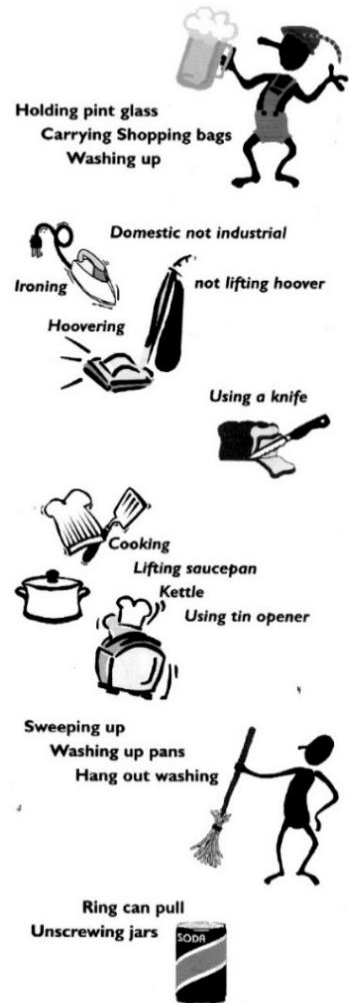
## Light Activities



## Medium Activities



## Medium/Heavy Activities



## Who can I contact with queries or concerns?

If you have any queries, contact the Trust's Hand Therapy service, Monday to Friday, 9am to 4pm (not bank holidays).

King's College Hospital, tel: **020 3299 8220**

Beckenham Beacon, tel: **01689 866 660**

## PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

Tel: **020 3299 4618**

Email: [kings.pals@nhs.net](mailto:kings.pals@nhs.net)

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on **020 3299 4618** or email [kings.access@nhs.net](mailto:kings.access@nhs.net)