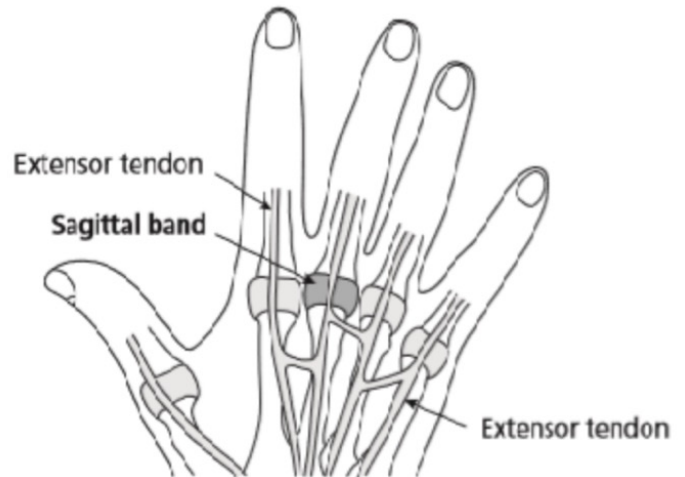


SAGITTAL BAND INJURIES

Symptoms

- Pain to the back of the knuckle, or when trying to extend the finger
- Swelling or bruising
- Difficulty fully bending or straightening the finger



Anatomy/Cause

Sagittal bands are the fibrous tissue that sit across the back of the large knuckles of each finger, known as the metacarpal phalangeal joints. Their job is to stabilise and help extend the extensor tendon that lifts the finger, and keep the tendon aligned centrally over the large knuckle. Sagittal band injuries can be caused by punching injuries, or other trauma that may forcefully bend the finger.

Treatment

At Hand Works, we can assess your injury and determine the best treatment and therapy going forward. Many sagittal band injuries can be treated conservatively; however your therapist will advise if input from a hand surgeon is required.

Your therapist may:

- Provide a custom-made finger splint to either immobilise or limit movement at part of the finger to allow the sagittal band to heal
- Guide you through when/how to wean from your splint
- When appropriate, commence gentle strengthening exercises and stretches to increase finger range of movement and regain function.

Referral

Date: ____/____/____

Patient Name: _____

D.O.B: ____/____/____

Patient Mobile: _____

Therapy Requested:

Medical Centre: _____

Provider Number: _____

LOCATIONS

MURDOCH

Suite 16, Level 1
Wexford Medical Centre
3 Barry Marshall Parade

MT LAWLEY

61 Walcott Street

MANDURAH

271 Pinjarra Road

WEST PERTH

Level 1, 1 Havelock Street

ROCKINGHAM

24 Pedlar Circuit

SOUTH PERTH

Suite 6, 77 South Terrace

DUNCRAIG

3/64 Arnisdale Road