

VOLAR PLATE AND COLLATERAL LIGAMENT INJURIES

Symptoms

- Pain, swelling and bruising at one of the small joints of the finger
- Difficulty straightening the finger due to pain

Anatomy/Cause

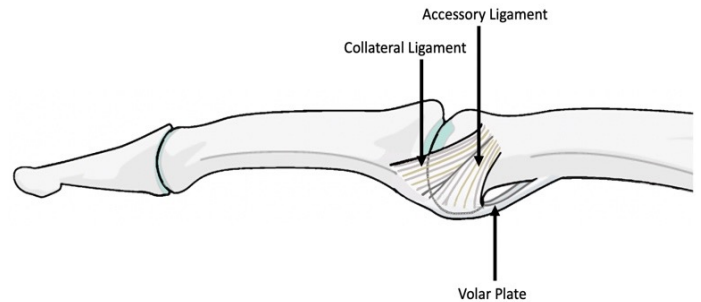
Injuries to the volar plate and collateral ligaments are commonly known as “jarred fingers”. They can vary in seriousness and sometimes involve a small piece of bone getting pulled off by the ligament.

The volar plate and collateral ligaments in finger joints prevent excessive backward bending and sideways movement, respectively. Injuries typically occur during sports, hard falls, or blunt trauma when the finger is bent too far back or sideways.

Treatment

Volar plate and collateral ligament injuries need careful management to avoid long-term issues. Your therapist at Hand Works may recommend:

- A finger splint to hold the finger in a bent position – this is gradually straightened as healing occurs
- Compression garment for swelling
- Gentle exercises and stretches when appropriate



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

WEST PERTH

Level 1, 1 Havelock Street

SOUTH PERTH

Suite 6, 77 South Terrace

DUNCRAIG

3/64 Arnisdale Road

MT LAWLEY

61 Walcott Street

MANDURAH

271 Pinjarra Road

ROCKINGHAM

24 Pedlar Circuit