

# Proximal Interphalangeal (PIP) Volar Plate Injury – Initial

The cartilage plate that sits at the front of your finger joint (palmer surface) called the volar plate has been injured or has come away from the bone. The volar plate has a number of functions including stopping your fingers from bending too far backwards or sideways, protecting your joint and providing a smooth gliding surface for some of the tendons that bend your fingers. It will take up to 12 weeks for your volar plate to heal.

## SPLINT:

- Must be worn 24 hours/day.
- Do not remove at any time unless asked to do so by your therapist.
- Do not remove to have a shower.
- Do not remove to perform exercises.
- Bring to each appointment.

## PRECAUTIONS:

- No tight gripping.
- No heavy lifting (maximum 1-2kgs)
- No contact sports.
- Do not push your injured finger backwards (no passive straightening).

## EXERCISES:

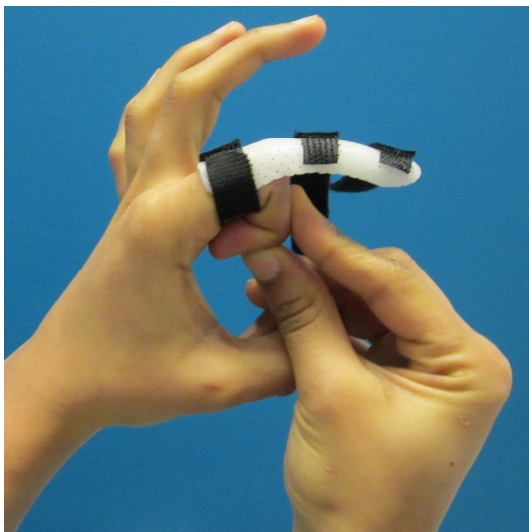
It is important that you move your fingers to prevent stiffness. The following exercises are designed to safely move your fingers. It is important that you complete these exercises and any prescribed by your therapist at the recommended intensity and frequency for the best outcome. Do not remove your splint to perform exercises.

Perform \_\_\_\_\_ repetitions of the selected exercises, \_\_\_\_\_ times per day. Hold each exercise for \_\_\_\_\_ seconds.

- Un-strap the last two straps of your splint and bend your injured finger as far down as it can go. Be sure to bend at the knuckle AND your two finger joints.



- If you cannot bend your injured finger all the way down, push it down gently with your other hand.



**CAUTION:**

If you have any questions or concerns, please phone your therapist. Contact your therapist immediately if you experience an increase in pain/swelling, rubbing of the splint on your skin causing irritation/breakdown or tingling and/or numbness in your finger.

**Please contact your therapist if you would like more information or if you have any queries or concerns.**

**Therapist:** \_\_\_\_\_

**Phone: 3646 7100**