

Hand therapy department

Grade 1 ligament sprain of the finger

This leaflet will answer some of the questions you may have about your recent injury.

If you need further information or advice, please do not hesitate to contact your hand therapist.

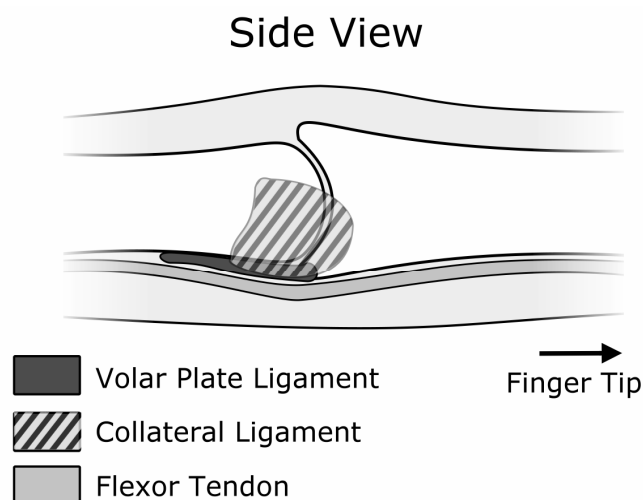
What are the signs and symptoms of a grade 1 ligament injury?

- A grade 1 ligament tear is a partial tear of the ligament. Some of the ligament remains undamaged and attached to the bone.
- Pain, swelling, bruising and restricted motion of the joint may be present at first.
- It is normal for the swelling to be present for a number of weeks and your joint may appear slightly more bulky in the long term.

Overview of your injured joint

The **volar plate** is a ligament that supports the finger joints and prevents the finger from bending backwards (hyperextending).

The **collateral ligaments** are ligaments on the sides of your joint that stop your finger from bending sideways.



What treatments are available?

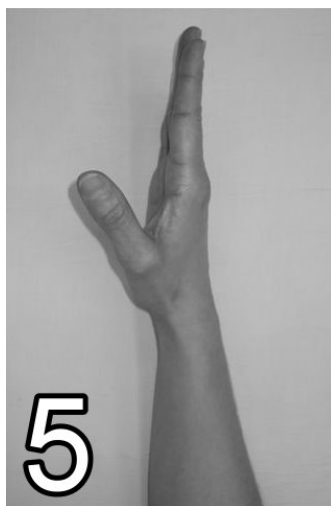
After your review with the doctor, you may be provided with:

- compression wrap to reduce the swelling
- buddy taping to support the injured ligament using the other fingers
- an exercise programme to ensure the injured joint does not get stiff.

Is there anything I can do to help myself?

It is important to exercise so that the joint does not get stiff. Sometimes scar tissues can develop and cause stiffness and exercise helps to overcome this.

The following are examples of exercises that you can do.



Complete exercises _____. Repeat each exercise _____ times.

What do I do if I have any concerns?

If you are having difficulty fully bending or straightening your finger, please contact the hand therapy department and ask to speak to a hand therapist.

Contact us

If you have any questions or concerns, please contact the **hand therapy department** on **020 7188 4172** or **020 7188 4174**, Monday to Friday between 8am and 5pm.

Useful sources of information

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

e: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.
t: 020 7188 3416

Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS Direct – Offers health information and advice from specially trained nurses over the phone 24 hours a day.

t: 0845 4647 **w:** www.nhsdirect.nhs.uk

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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