

# 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.

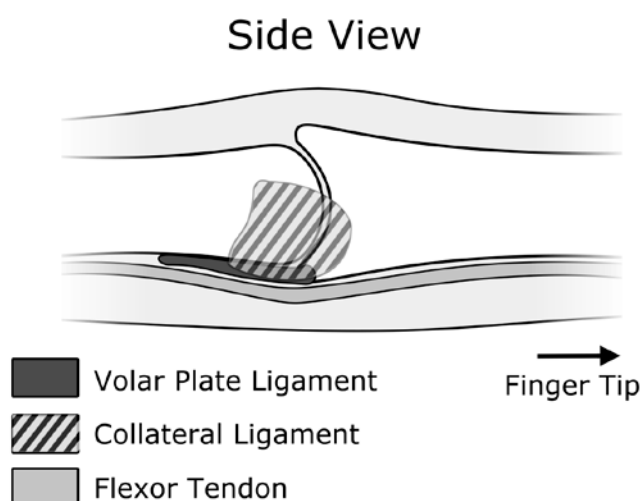
## What are the signs and symptoms of a grade 1 ligament injury?

- 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?

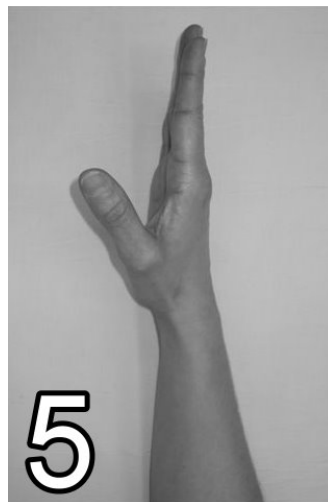
After your review with the doctor, you may be provided with:

- 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 tissue 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.

**t:** 020 7188 4172 or 020 7188 4174, Monday to Friday, 8am to 5pm

**e:** [handtherapyappointments@gstt.nhs.uk](mailto:handtherapyappointments@gstt.nhs.uk)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## Useful sources of information

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748, Monday to Friday, 9am to 5pm

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815      **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111

### NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** [www.nhs.uk](http://www.nhs.uk)

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

**t:** 0800 731 0319      **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)      **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

### Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets), or **e:** [patientinformationteam@gstt.nhs.uk](mailto:patientinformationteam@gstt.nhs.uk)

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A list of sources is available on request