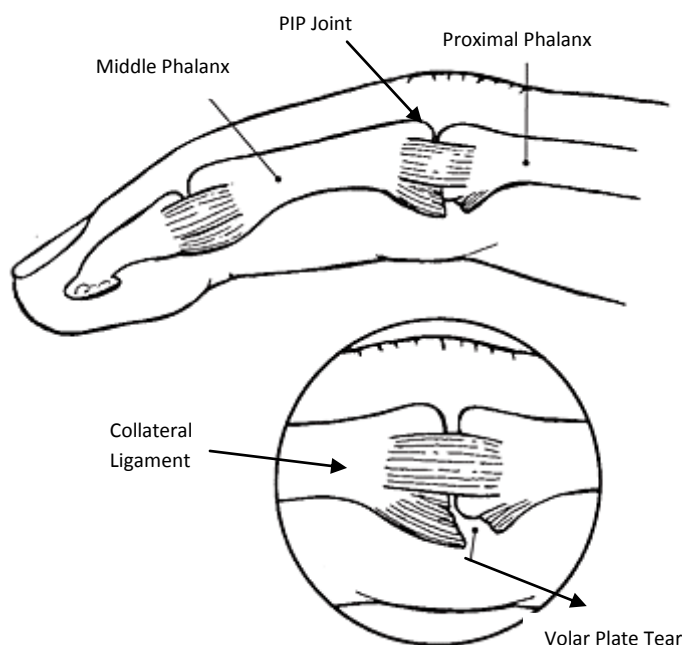


## Volar Plate Injuries

Ligaments are tough bands of tissue that connect bones together. Each finger has three (3) ligaments which prevent the finger from bending too far backwards.

The **volar plate** is the ligament that separates the space between the middle joint of the finger known as the **proximal interphalangeal joint (PIP joint)**. The ligament tightens as the joint is straightened and keeps the joint from moving beyond its normal range of motion (hyper-extending).



### What causes a volar plate injury?

A volar plate injury occurs when the joint is stretched further than it is designed to, causing the ligament to tear. The most common causes of volar plate injuries are falls or sports where force is applied to the end of the finger (e.g. ball hitting a finger tip). It is also common for a portion of the bone to be torn off by the ligament with these injuries.

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## How are volar plate injuries treated?

Injuries and dislocations at the PIP joint are common. Your therapist will make you a splint to protect the bone and ligament while it heals. This splint will be gradually straightened over the first four weeks. The splint must be **worn at all times** unless otherwise advised by your therapist or doctor.

These injuries often result in **significant scar tissue** around the PIP joint, so, it is important to start exercises early.

Complete the following exercises \_\_\_\_\_ times/day, \_\_\_\_\_ repetitions.

Hold the position for 5 seconds. All exercises are completed with the splint on.

### 1. Bend the tip of your finger



### 2. Bend the middle joint of your finger



### 3. Bend all fingers into a hook fist



### 4. Bend all fingers into a flat fist



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## 5. Bend all fingers into a full fist



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