



Finger Rehabilitation with Zero-Cast F2x Splint

{Volar Plate - PIPJ Injury Rehab Instructional Flier}

Injury; The patient has an injury to the soft tissues of the middle-joint of a finger. This may involve a number of structures including ligaments. Ligaments provide finger stability & allow the patient to grip things properly.

Recovery & Timelines; Volar Plate injuries usually take around 3 months before finger & grip strength return to normal. The suggested rehabilitation exercises below are designed to assist optimal recovery.

At around 4-6 weeks, the patient’s finger will usually be okay to undertake light activities.

At around 10-12 weeks, the patient can usually resume heavy-lifting, return to routine activity & sports.






Swelling; it is normal to experience swelling after injury. The hand should be raised (above heart) and can be treated with cold-therapy (ice bag wrapped in towel to protect skin) this will reduce swelling.

Purpose Of Splint; The Zero-Cast F2x Splint restricts (**blocking**) extension. The F2x design supports and protects the ligaments and volar plate structures throughout the treatment.

Recommended Exercises; Ensure the **F2x splint is fitted onto finger while performing the exercises** below.

Contact Clinic; If pain prevents your exercise & rehabilitation. If splint breaks or becomes uncomfortable.

REHABILITATION EXERCISE FREQUENCY; Patients to perform this set of exercises - 3 times per day

 <p>(repeat 5 x)</p> <p>1. Using the unaffected hand, while supporting the injured finger (& splint) bend as far as pain tolerates – hold for 10 sec</p>	 <p>(repeat 5 x)</p> <p>2. Hold the injured finger just below the top joint & while <u>blocking the affected joint</u>, bend only the finger-tip as far as possible – hold for 10 sec</p>
<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Full Fist</p>  </div> <div style="text-align: center;"> <p>Hook Fist</p>  </div> </div> <p>(repeat each 5 x)</p> <p>3. a. Use whole hand, make full fist – hold for 5 sec 3. b. Use whole hand, make a ‘hook’ fist (bend fingers into hook-shape) half-fist – hold for 5 sec</p>	 <p>(repeat 5 x)</p> <p>4. Straighten all fingers at once into a fan shape (nb. The affected finger will be stopped from fully straightening by the splint) – hold for 5 sec</p>

Further guidance within the ‘Caring For Your Splint’ flier provided to each patient and available at www.zero-cast.com

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Ref: Zero-Cast Inc have adapted these recommendations from guidelines published by Hand Therapy Dept at Chelsea & Westminster & other NHS Trusts