Volar Plate Injury

The aim of this information sheet is to answer some of the questions you may have about your recent injury. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

**What is the volar plate?**
The volar plate is a ligament that supports the finger joints and prevents hyperextension.

- Accessory collateral ligament
- Cord collateral ligament
- Volar plate
- Flexor tendon
- PP
- MP

**What are the signs and symptoms of a volar plate injury?**
Pain, swelling and restricted motion of the joint. Bruising may also be present.

**Do I need any tests to confirm the diagnosis?**
An x-ray may be taken to assess whether the bony attachment of the ligament structure has been involved. A specialist hand surgeon will also complete an assessment to determine whether the tear of the ligament is full, partial or a simple sprain.

**What treatments are available?**
In most circumstances conservative management is the treatment of choice. A thermoplastic splint will be made to prevent another hyperextension injury and to rest the ligament in a position to optimize healing.
What happens if I do not get treatment?
If you do not wear the splint the ligament may not heal, which could lead to long term instability and pain when using the injured finger.

Is there anything I can do to help?
Ensure you wear the splint full time and follow the instructions of your hand therapist.

1. Initial Exercises

Undo the top two straps. Then block the finger just below the crease of the tip with the unaffected hand. Bend the tip of the finger. Repeat again with the middle joint of the finger.

2. Undo the top two straps and bend the injured finger into a fist position.
3. With the top two straps undone make a “hook” with all fingers.