

Boutonniere Deformity

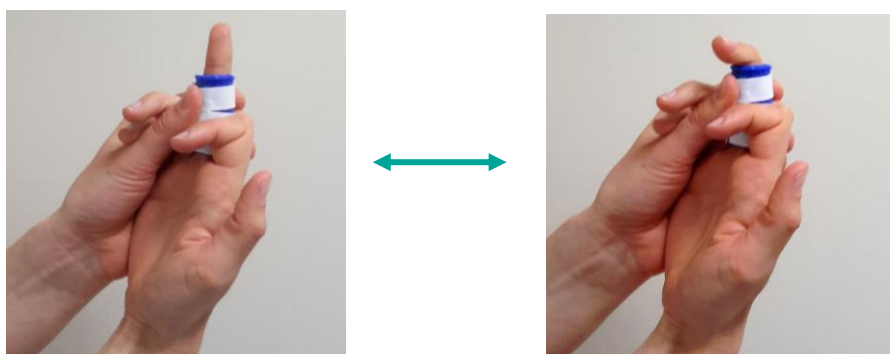
Hand Therapy Patient Information

You have had an injury to the tendon that straightens the middle joint of your finger. This means the joint is bent and you are unable to straighten it fully.

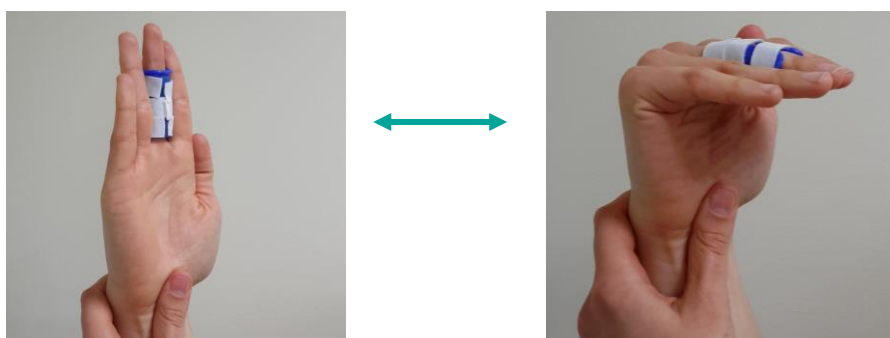
A splint will have been made for you to wear **at all times** for the next **8 weeks**, and then **at night and times of risk** for **2-4 weeks**. This will help straighten your finger. If your hand is swollen, keep it up in the air as much as possible.

Exercises: Do these every hour in your splint

1. Hold the splinted joint to keep it straight. Slowly bend and straighten the end joint. Do this 30 times.



2. Keeping the fingers straight, slowly bend and straighten the first knuckle. Do this 10-20 times.





Remember:

- Do your exercises every hour.
- Make sure your other fingers are not getting stiff by bending and straightening them fully around 20 times. You can use your other hand to help.
- **Do not remove your splint**, unless advised by your physiotherapist.
- Whilst wearing the splint you should regularly check your skin condition and ensure the splint is fitting comfortably. If you have an issue, contact your physiotherapist.

8+ Weeks

- After 8 weeks, you will be advised to remove the splint and begin gentle exercises. This will help regain movement in the joint that was splinted.
- You should continue to wear the splint at night and times of risk (e.g. performing housework) for the next 2-4 weeks.
- It is important to monitor the straightening of your finger. If you have an issue, contact your physiotherapist.

If you have any problems, please contact your physiotherapist. Contact details are below.

Hand Therapy

Brownsword Therapies Centre (Dept. F1)
Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 821241
www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656 / 826319.