

Finger fractures (Non-displaced)

Fact Sheet

Information contained in this fact sheet is a guideline for care only. Please consult with your doctor or health professional to make sure that this information is right for you

Your fracture

You have sustained a simple fracture to a bone in your finger.

Your injury has been assessed as not requiring specialist orthopaedic care. You will likely make a good recovery.

Treatment

For simple finger fractures, it is likely your finger will be “buddy” strapped to your next largest finger. You can remove the strapping to wash or if it gets dirty, but keep reapplying the tape for 2 – 3 weeks. The strapping should be firm but not too tight (so it doesn't affect blood flow).

Keep your strapping dry to avoid skin irritation. Change the strapping if it becomes wet.

Healing Timeframe

- A simple finger fracture usually heals very well
- On average total healing can take 6 weeks. If after 6 weeks you still have pain, swelling or difficulty moving your finger, please see your GP for advice.
- Some fractures may benefit from hand therapy. A hand therapist can provide exercises to regain range of motion, strength and function. Your GP or treating clinician can refer you if necessary.

Getting back to Normal

- Maintain gentle movements of your fingers when possible to prevent stiffness. Make sure to keep your finger joints and wrist moving freely
- Elevate your hand when sitting to relieve swelling
- Gradually resume daily activities as pain allows

- It may take several weeks to regain full function of your finger
- You may experience slight swelling and stiffness at the injury location; this can unfortunately be a permanent feature but will not affect your function.

Pain Relief and Comfort

Regular pain relief such as paracetamol can be used.

When can I...?

Play sport	After 2 – 3 weeks and as pain allows
Lift heavy items	As pain allows
Return to work	Consult your doctor

The above timeframes are a guide only and do not apply to all finger fractures.

Worries or concerns

For any immediate concerns or questions regarding your injury please contact:

- **Your General Practitioner (GP).** They are able to speak directly to an Orthopaedic team at Redcliffe Hospital or Royal Brisbane and Women's Hospital if required.
- **13 HEALTH (13 43 25 84)** for health advice, triage and referral from a registered nurse 24 hours a day, 7 days a week and at the cost of a local call. 13 HEALTH provides access to interpreting services for callers not confident with English.

In a medical emergency go to the nearest hospital emergency department or call an ambulance (dial 000).