

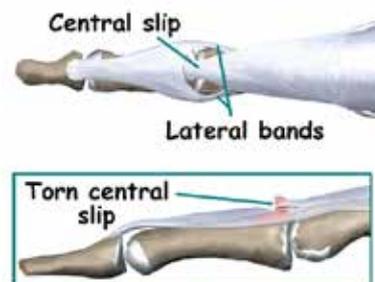
Central Slip Injury (page 1 of 3)



Patient Label

How does it happen?

A central slip injury usually happens when your finger is forced into a bent position. The tendon, called the central slip, that runs across the top of the middle joint on your finger is torn. You will be unable to straighten the middle joint on your finger.



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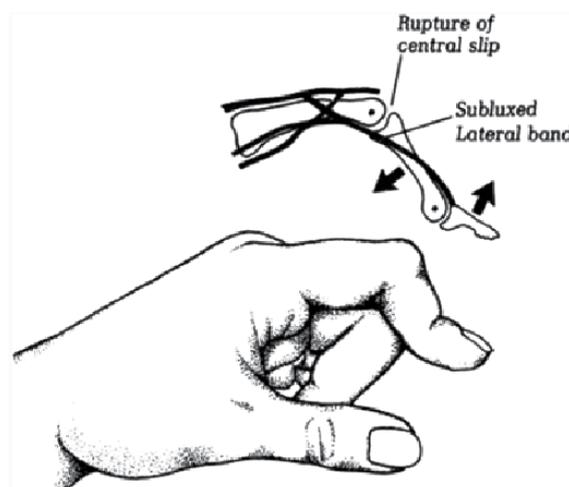
How is it treated?

A small finger splint will be made for you to wear to keep the middle joint on your injured finger completely straight for 6-8 weeks. This allows the injured tendon time to heal. It is very important that you wear the splint at all times. If you do not follow this advice the tendon will not heal properly and you could be left with a bent finger that cannot straighten.



What will happen if I choose to do nothing about the tendon injury?

If a central slip injury is left untreated you will develop a Boutonniere Deformity because of the change in the balance of the tendons across the 3 bones in your finger.



Elevation

For the first 2 weeks after your injury it is very important that you keep your hand up above the level of your heart to help reduce any swelling.

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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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What do I do with the splint?

- you must wear your splint at all times
- you must keep your finger and splint dry. If your finger becomes wet, your skin will turn white, become wrinkled and possibly become sore
- it is important that you do not stick your finger out but let it rest in line with the other fingers (see picture)
- you need to check that the splint fits well and the finger is securely resting straight in the splint
- do not remove your splint at all until you have been shown how to do so
- if there are any problems with your splint you must contact your hand therapist for it to be checked.



How to remove and replace your splint

You will be shown how to remove your splint so that you can clean and dry your finger and check your skin. It is recommended that you have help to do this.

Make sure that you have everything ready before you begin:

You will need:

- new tape cut to the right length if not using velcro straps
- warm soapy cloth or baby wipe
- a towel to dry your finger
- a small pair of scissors.

1. With your finger supported on the table, unstick the velcro straps or cut the tape along one side of the splint and unpeel it from the top of your finger.
2. Gently slide the splint off your finger. When your finger is removed from the splint it must be fully supported in a straight position either resting on a flat surface (such as a table) or by supporting the tip with your other hand. If the middle joint is not supported and is allowed to bend the healing tissues can be re-damaged and this will mean that you will need to wear a splint for longer or be left with a bent finger that cannot straighten.
3. Lift your finger off the table by its tip and get someone else to gently wash and dry on top and underneath it.
4. Secure the splint back on your finger by re-sticking the velcro straps or with new tape and making sure the finger is resting straight in it.

Exercises

You need to maintain the movement in the top and bottom joints in your finger and fully bend and straighten them regularly.



What do I do if my finger becomes more painful?

Your finger may become painful if:

- it becomes swollen
- your splint or tape become too tight.

If your finger becomes swollen you should keep your hand above the level of your heart. If the pain continues you should contact the therapist in the Plastic Outpatient Department or the staff on Odstock ward at night or at the weekend.

Attending the hospital for therapy support

You will need to come to the hospital to see a therapist for your finger to be checked and to ensure that the splint is fitting properly. How often you need to attend will depend on how your finger is reacting to the injury. This level of support is necessary to help you to get the best result.

Can I work, play sport or drive?

You will be able to do most light everyday activities with your splint on. Our advice for driving is that it is your responsibility to ensure you are safe to drive with your splint on and you must inform your insurance company. You may be able to work with your splint on, but this will depend on your job. Please liaise with your therapist for further advice if unsure.

You should not do any sporting activities as this may cause your splint to come off and you will damage your finger again.

Contacts

If you have any concerns please contact:

Plastics Outpatients Therapy Department on: 01722 345530 during normal working hours and Odstock Ward: 01722 336262 ext. 3507 at all other times.

