

Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

Customer Services Department

Livewell Southwest
Room AF3, Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7PY

Tel: 01752 435201

Email: customerservicespch@nhs.net

Contact details

The Minor Injuries Units are open every day of the year, including Bank Holidays.

Minor Injuries Unit Cumberland Centre

Damerel Close
Plymouth
PL1 4JZ

Tel: 01752 434390

Opening times: 8:30am - 9pm

Minor Injuries Unit South Hams Hospital

Plymouth Road
Kingsbridge
TQ7 1AT

Tel: 01548 852349

Opening times: 9am - 5pm

Minor Injuries Unit Tavistock Hospital

Spring Hill
Tavistock
PL19 8LD

Tel: 01822 612233

Opening times: 8am - 10pm

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Information & Advice

Hyperextension Injury & Finger Fractures

Minor Injuries Unit

Cumberland Centre
South Hams Hospital
Tavistock Hospital

This information leaflet is for people who have had a hyperextension injury or fracture to a finger.

Hyperextension injury

You have damaged the ligament that supports the finger joint and prevents it bending backwards. This may be just the ligament that is injured but you may have a small fragment of bone pulled off by the ligament (avulsion fracture).

Fractured phalanx

You have broken one of your bones in your finger.

X-ray

An x-ray will have been performed to either exclude any significant injury to the bone or confirm that you have a fracture to your finger bone.

What treatment do I need?

Most cases can be treated with simple strapping to the adjacent finger. Start to move and use the finger as soon as symptoms allow.

Change your strapping as you need to, especially when wet - place a piece of gauze or equivalent between your fingers and use narrow tape to splint your fingers.

Pain, swelling and stiffness to the joint may last for several weeks or more. In a few cases, it can take several months to fully return to normal.

Take regular simple painkillers such as Paracetamol or Ibuprofen for pain relief.

Please gently mobilise your finger regularly to prevent stiffness.

No sport for 4 - 6 weeks, or until you have been advised.

You will be offered an appointment to be seen again in the Minor Injury Unit if you have an avulsion fracture or undisplaced fracture to your finger.

When do I need to seek further advice?

If movement to your finger is good but the finger remains swollen, then there is no cause for concern as the swelling will eventually resolve.

If you are struggling to get full movement in the finger by 4 - 6 weeks and you have been discharged then please return to the Minor Injury Unit for assessment.