

Our outpatient clinics run between 9am to 5pm Monday-Friday. If you have any concerns or problems during these times please contact:

Clinic 1B  
Whittington Hospital  
Magdala Avenue, London N19 5NF

The Fracture clinic: 020 7288 3799 or 5659  
The plaster room: 020 7288 5668

The emergency department at any other time  
Phone: 020 7288 3304

**Patient advice and liaison service (PALS)**

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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## Finger Volar Plate Injury

### A patient's guide



You have sustained an injury to the volar plate of your finger.

This happened as your finger was bent backwards injuring the volar plate ligament. The volar plate may be sprained due to some fibres stretching or it can tear completely. Sometimes a piece of bone can pull off. This is called an avulsion fracture as shown below.



This injury can take between 6-12 weeks to heal fully.

We will not routinely follow you up in clinic, you will however be referred to the hand therapist who will supervise your rehabilitation.

In many cases you may not be provided any splintage.

If you do, it will look like the photograph below. In this case the finger may be held bent and slowly straightened over time allowing the injury to heal. The aim is to get the finger moving as soon as possible to prevent stiffness. Simple painkillers will help you move the finger. The majority of these injuries heal without any problems; however, it may take several months to regain movement.

Please refer to the DVLA website regarding your fitness to drive if required.



A range of patient information leaflets and videos providing guidance and advice are available here:



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Radiograph courtesy of Dr Omar Giyab, Radiopaedia.org, rID: 23593