HAND THERAPY Royal United Hospital Combe Park Bath BA1 3NG Tel: 01225 824293 Royal United Hospital Bath NHS



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BOUTONIERRE DEFORMITY

Name:

- You have had an injury that has made the middle joint of your finger become 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 **6 weeks**, and then **at night** for 2 weeks. This will help straighten your finger.
- If your hand is swelling then keep it up in the air as much as possible.

Exercises: Do these every hour in your splint

1. Block your finger at the end of the splint just below your end joint. Bend and straighten the joint slowly. **Do this 30 times**.

2. Make sure that all your other fingers are not getting stiff by bending and straightening them fully. Do this 30 times.

DO....

Do your exercises regularly



• **Do not remove your splint** and bend your finger (If your splint is uncomfortable then let your Physiotherapist know as soon as possible)