

Sprained Fingers

Accident & Emergency Department

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Southport & Formby Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 0151 426 1600

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

www.MerseyWestLancs.co.uk

Author: Emergency Nurse Practitioner
Department: Accident & Emergency
Document Number: 414
Version: 4.1
Review Date: 31 /10 / 2026

It is important that you report any new or persistent problems to your GP, local A&E or Walk in Centre since it is often impossible to recognise and treat all elements of injury or illness in a single visit. Meanwhile, follow the instructions below as indicated for you.

Sprains to the fingers are common often resulting from falls or crushing injuries. They are due to the stretching and tearing of ligaments, the strong cords which support a joint. Finger joints, being relatively small and used for intricate movements, may take many weeks or even months to heal. A severe sprain may remain swollen and stiff for 6 months. The injury may cause bruising and swelling of the fingers and hand.

Finger Injuries can be painful and we recommend you take regular pain relief medication to help relieve discomfort.

Neighbour Strapping

A support bandage to strap two fingers together may be used. Elastic bandages may be removed for washing and exercise, and replaced later. The purpose of neighbour strapping is to give comfort only. If you prefer, you may leave it off. If the strapping ever feels too tight remove it at once.

Treatment at home

A high arm sling is often used to rest the hand with the fingers pointing upwards to allow swelling to drain out of the hand. It should be removed at bedtime. Regular moving of the fingers cannot only help prevent swelling, but also reduce the risk of joints becoming stiff.

Contrast bathing

After the first day, treat swelling and stiffness by alternate hot and cold (contrast) bathing. Use two bowls of water; one ice-cold, the other comfortably hot. Completely immerse the whole hand alternately hot for 1 minute, then cold for 2-5 minutes. Repeat 6 times, exercising the joints by opening and closing your fist all the time. Be careful not to injure yourself with either too hot or too cold water.

Other instructions _____

If you are at all concerned, please contact:

A&E Department

Telephone: 01704 704437 (Nurses' Station)

NHS 111

Please retain this leaflet for future reference