

Distortion trauma of the finger in Volleyball



Mechanisms

blocking or overhead
defensive

Contact with
player/floor/net

Symptoms

Swelling

Pain

Less movement

Red flags

Open wounds

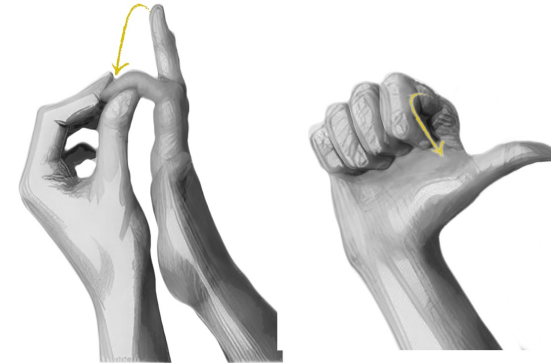
Dislocation

Misalignment

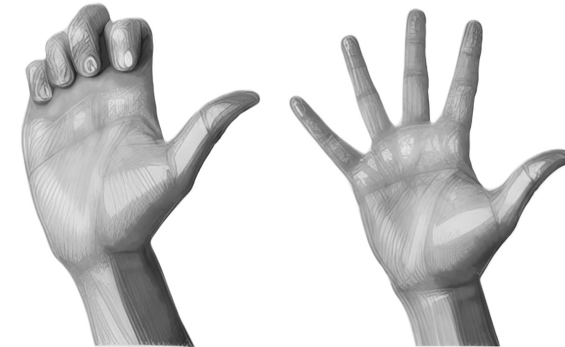
> **See a hand
surgeon**

Prevention

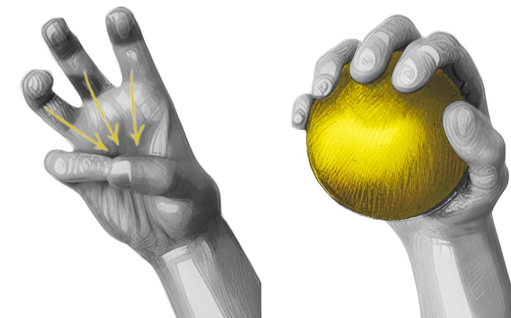
Finger exercises



Passive range of motion Making a fist



Making a small fist Finger extension



Thumb opposition Grip strengthening

What to do?

Stop playing

Consult a doctor if unsure of the extent of the injury

Apply ice as soon as possible – The sooner the better. No direct ice, wrap a towel around the ice and apply this to your finger. Repeat several times a day for about 15 minutes for the first days after injury.

Compression and elevation – Use a compression bandage and hold your hand up as much as possible to reduce swelling as first aid.

Reduce the inflammation – You can take anti-inflammatory

drugs like ibuprofen. Good for the pain and the inflammation process.

Buddy tape your fingers

together – Tape your injured finger to the one next to it. So, you can move the finger but protect it from distortion.

Go back to daily life slowly –

Wait until your finger feels better for a couple of days before using your finger in daily activities.

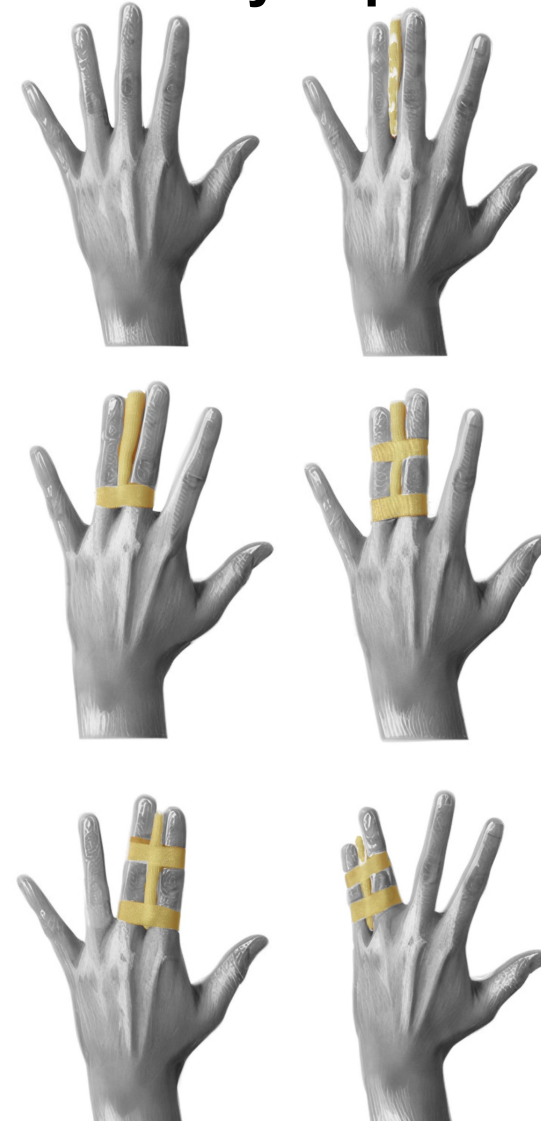
Before going back to playing volleyball you should be comfortable with your finger in your normal activities and again take it slow. It is advisable to keep buddy taping the finger for playing volleyball.



FESSH

Federation of
European Societies for
Surgery of the Hand

Buddy-Tape



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