

Finger Sprains

The proximal and distal interphalangeal joints sprain quite frequently, and their dislocation is the most common form of dislocation injury among athletes. Carefully evaluate finger sprains to make certain you do not misjudge the

injury simply as a "jammed finger." Mismanaged fractures, ligament tears, and tendon avulsions will cause significant hand dysfunction.

Finger Sprain Taping

Support unstable fingers by "buddy-taping" them to a healthy, adjacent finger (Figure 7.10). Tape around the shafts of the proximal and distal phalanges to permit movement at the DIP and PIP joints. If the athlete requires gloves, use a collateral ligament taping similar to that illustrated for the knee (chapter 3). Apply proximal and distal anchors for this technique and continue with interlocking strips, in an X-pattern, over the injured ligament (Figure 7.11). You will need to tear 1-inch tape into smaller widths for this procedure.

Figure 7.10

Finger "buddy" taping. Support the injured finger by taping it to the adjacent finger. Apply strips on the proximal and middle phalanx (A-B). Note how the proximal interphalangeal (PIP) and distal interphalangeal (DIP) joints are left open to permit some motion of the fingers while providing support (C).



A



B



C