- **Volar Plate Avulsion Finger Injury.**

- You have pulled off a small fragment of bone in your finger joint.

- If you find it useful, strapping your finger to the next one may help to support it.

- It is important to move the finger within the limits of discomfort and to gradually resume activities of daily living.

- The majority of these injuries heal without any problems - however it may take several months to regain movement.

- If your movements stop improving or you are worried for any reason please contact the fracture clinic.

**Should you have any worries or concerns please contact the Fracture Clinic Helpline.**

**0141 201 6416**

(09.00am until 4.00pm, Monday to Friday)