Finger Dislocation (PIP)
Proximal Interphalangeal Joint

You as have a dislocation of your finger. The most common finger dislocation is in the PIP joint. This is the first joint of the finger beyond your knuckles of the hand. Usually it occurs because the finger gets bent backwards. A *dislocation* is a condition in which joint surfaces which are normally next to each other are no longer against each other. When this happens, x-rays are often taken to make sure a *fracture* (break in bone) is not present. Very often the dislocation has already been *reduced* (brought back to normal position) before getting professional help.

TREATMENT

This joint dislocation needs treatment. If left untreated, it can result in a deformity with an unstable joint. This is usually treated by splinting the joint in a flexed position. The joint is allowed to have the *extension* (straightening out) for up to three weeks. If the joint is not likely to bend back the direction of dislocation, it can often be "buddy taped" to the finger next to it for a couple weeks. When this finger is dislocated in the other direction, often surgery may be required to reduce it. Your caregiver can discuss these options with you.

HOME CARE INSTRUCTIONS

- Apply ice to the sore area for 15 to 20 minutes, four times per day. Do this while awake, for the first 2 days. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
- Keep your arm elevated when possible to lessen swelling.
- Continue activities with your hand as directed
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have an increase in bruising, swelling or pain in your finger
- You notice coldness or numbness of your finger.
- You do not get pain relief from medications.
- Your finger is numb or blue.
- You have severe pain.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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