

Finger Dislocations

Diagnosis Explanation:

A **finger dislocation** occurs when a **finger bone (phalanx)** is forced out of its **normal joint position**, usually due to **trauma, falls, or sports injuries**. It commonly affects the **proximal interphalangeal (PIP) joint** or the **metacarpophalangeal (MCP) joint**.

Symptoms:

- **Severe pain, swelling, and deformity** of the finger.
- **Inability to move the finger** or a feeling of looseness.
- **Bruising and tenderness** around the affected joint.
- **Numbness or tingling** if nerves are affected.

Specific Work Modifications:

- **If your job involves typing or writing:** Use **voice dictation software** and take **frequent hand-stretching breaks**.
- **If your job requires manual labor:** Avoid **gripping, pulling, or weight-bearing on the injured hand**.
- **If your job is desk-based:** Use an **ergonomic keyboard/mouse** and keep the **hand elevated** when possible.
- **Avoid:** Forceful gripping, repetitive finger use, and tasks that put pressure on the injured finger.

Specific Activity Modifications:

- **If you play sports:** Avoid **ball-handling sports (basketball, volleyball, tennis) and contact sports** until fully healed.
- **If you play an instrument:** Modify technique and use **adaptive grips**.
- **If you do crafting, gardening, or cooking:** Use **larger-handled tools** to reduce strain.
- **Avoid:** Forceful gripping, repetitive hand motions, and activities that strain the affected finger.

Recommended Supplements:

- **Collagen Peptides** - 10g daily for ligament and joint repair.
- **Vitamin C** - 500mg daily to support collagen synthesis.
- **Glucosamine & Chondroitin** - 1500mg/1200mg daily for joint lubrication and ligament health.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.

- **Turmeric (Curcumin)** - 500-1000mg daily for natural pain relief.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support ligament healing.
- **Eat Anti-Inflammatory Foods** (berries, leafy greens, turmeric, nuts) to reduce swelling.
- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to maintain joint lubrication.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to support joint function.

Home Exercise Prescription (Rehabilitation for Finger Dislocation)

Early Phase (0-2 Weeks, Protecting the Joint & Reducing Pain):

- **Splinting** - Wear a **finger splint for 2-4 weeks**, as directed by your doctor.
- **RICE Protocol** - Rest, Ice (15-20 min, 3x/day), Compression, Elevation.
- **Gentle Passive Finger Flexion & Extension** - Use the opposite hand to **gently bend and straighten** the finger, **10 reps, 2x/day**.

Strengthening Phase (2-6 Weeks, Restoring Mobility & Function):

- **Towel Scrunches** - Place a towel on a flat surface, use fingers to scrunch it, **10 reps, 2x/day**.
- **Finger Lifts** - Place hand flat, lift each finger individually, **10 reps per finger, 2x/day**.
- **Rubber Band Finger Extensions** - Wrap a rubber band around fingers, open hand against resistance, **10 reps, 2x/day**.

Advanced Phase (6+ Weeks, Preventing Recurrence & Maintaining Function):

- **Grip Strengthening (Soft Ball Squeeze)** - Squeeze a soft ball **5 seconds, repeat 10 reps, 2x/day**.
- **Finger-to-Thumb Opposition** - Touch thumb to each fingertip, **10 reps, 2x/day**.
- **Wrist Circles** - Slowly rotate wrists in both directions, **10 reps, 2x/day**.

Helpful Books:

1. *The Hand and Wrist Pain Solution: Simple Exercises for Relief* - Dr. Ross Clifford.
2. *Arthritis and Hand Therapy: A Self-Help Guide to Managing Joint Pain* - Susan J. Barnhart, PT.

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.