



THE ORTHOPEDIC PARTNERS  
AN RCM CLINIC

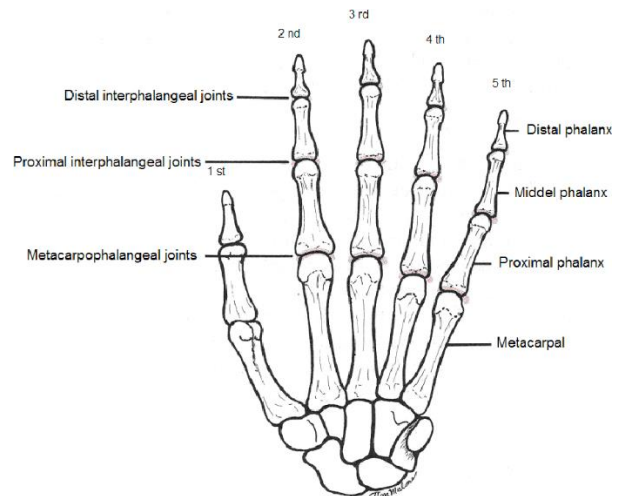
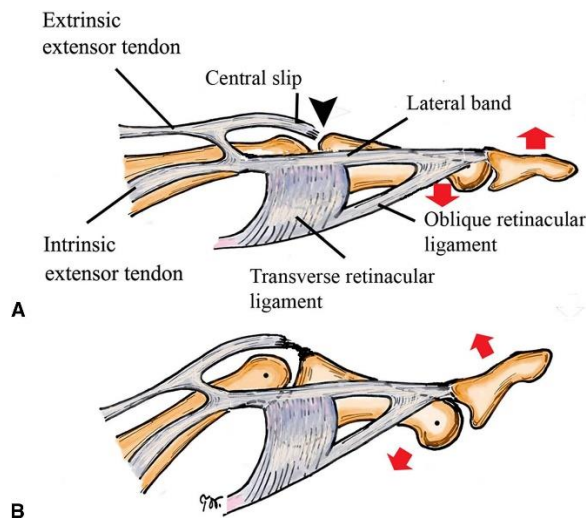
PARK CITY • HEBER CITY • SALT LAKE CITY

Patrick Olson, M.D.

## Boutonniere Finger Injury

### Healing the Tendon (date of injury - 6 weeks)

1. **Keep the finger in the splint at ALL TIMES for 6 weeks:** The finger splint keeps the PIP joint straight so that the tendon can heal back to the bone. If the joint bends, the healing is disrupted and the healing 'clock' starts again!



2. **Exercise the other finger joints to keep them flexible:** It is critical that you exercise the MCP and DIP joint regularly while in the splint.



Flexion at DIP



Flexion at MCP

## **Protect the Tendon as the Healing Matures (6-12 weeks)**

1. **Nighttime Splinting:** Wear the finger splint at night and during sports for an additional 4-6 weeks to support the healing tendon.
2. **Splint with vigorous activity:** Wear the finger splint anytime the finger could be jammed again or with heavy lifting activities in order to prevent re-injury.
3. **Recurrence:** If the finger droops again, resume continuous splinting for 2 more weeks.
4. **Flexibility:** Start with gentle active PIP joint motion. Do not force the motion or push on the finger to improve motion as this may re-injure the finger.

## **Prognosis and Potential Problems**

- **Dorsal skin breakdown or pain:** Be sure to check the skin to ensure there is no skin breakdown.
- **Cleaning your finger:** We will show you how to remove the splint and clean the involved finger without disrupting healing.
- **Comfort and function:** After completing full treatment, most people end up with little to no discomfort and good function for daily activities. Occasionally, a small deformity will persist. However, the finger is still functional.
- **Range of motion:** After completing full treatment, most people have a reasonable correction of the boutonniere deformity. If at any time you would like guidance from a certified hand therapist, we can provide you with a script for hand therapy.