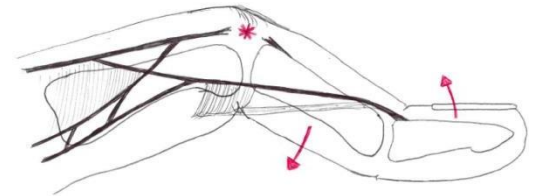


Central Slip Injury

This leaflet explains central slip injury and its treatment. If you have any further questions, please speak to a doctor or nurse caring for you.

What is the central slip?

There are several tendons in your finger that work together to straighten the finger. These tendons run along the side and the top of the finger. The tendon on the top of the finger attaches to the middle bone and is known as the central slip. Without the central slip working your finger may develop a deformity called a boutonniere (button hole).



What are the signs and symptoms of injury?

Injury to the central slip usually occurs from the finger being traumatically forced into a bend, e.g. being hit by a ball, or if the joint dislocates. If you have injured the central slip you may be unable to straighten the middle joint of your finger.

Do I need any tests to confirm the diagnosis?

You may need an x-ray to check if the bone is broken as well as the tendon being damaged. The treating doctor or therapist will also assess your finger movement, swelling and pain to confirm diagnosis.

A central slip injury can be due either to a fracture at the base of the middle bone (avulsion) or from tears in the fibres of the central slip itself (tendinous). Your therapist will explain which type of injury you have.

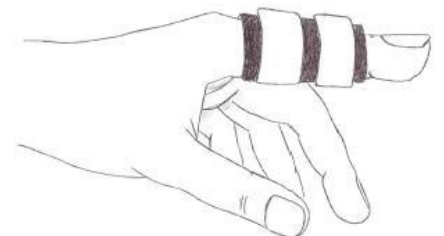
What treatments are available?

You will be provided with a splint or a cast to the finger to keep the middle joint straight. This allows the tendon / fracture to heal in a good position.

Your finger will need to stay in the splint at all times for the next _____ weeks to let the tendon (and bone) heal.

If the splint doesn't fit, contact your hand therapist as soon as possible. Do not try to alter the splint yourself.

Always keep the splint dry. Your hand therapist will help with tips on this. If your finger does get wet, change the splint lining as soon as possible.



What happens if I do not get treatment?

If you do not get treatment for a central slip injury, the middle joint of the finger will not be able to straighten without help and may stiffen into a boutonniere position. It will not heal on its own.

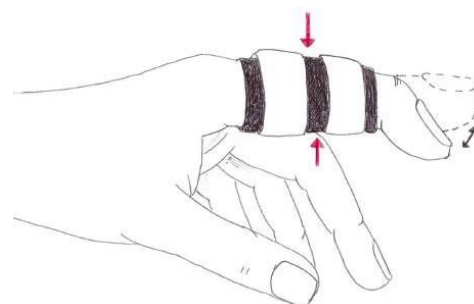
Your exercises

It is important that the unaffected joints do not get stiff (especially the tip joint).

For all exercises please keep your wrist bent gently forwards.



With the splint or cast on – using your unaffected hand to firmly hold the splint / cast between the thumb and finger, bend the tip joint as far as able and hold for three seconds before straightening it.



How often should I do my exercises?

Please complete each exercise _____ times and hold for _____ seconds each time.
Repeat _____ times a day.

What problems should I look out for?

If you have any concerns, please contact the hand therapy department as soon as possible. Some common problems to watch out for are:

- Your skin may become sore under the splint
- Swelling may increase and make the splint/cast become too tight
- Swelling may decrease and make the splint/cast become too loose
- Your finger may start to sit in a bent position in the splint, instead of straight.

Bending the middle joint of the finger can cause further damage to the central slip, meaning you will have to start the splinting / casting treatment from the beginning.

Additional instructions

Swelling

Swelling (oedema) is the body's normal response to an injury and may be present with a central slip injury. It is important to minimise this by keeping your hand elevated as much as possible. Your therapist may also give you a compression wrap to wear

over your finger to assist with reducing the swelling. Please use the compression wrap as follows:

- You should use your unaffected fingers for light activities only.
- If you notice the finger is not straightening, stop the exercises and contact the department as soon as possible.
- No contact sports or heavy lifting until twelve weeks after starting treatment.

Contact us

If you have any questions or concerns about the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment. For more urgent queries the team can be contacted in the **treatment enquiries** telephone number listed below.

Your therapist's name is: _____

Treatment enquiries: 020 8725 1038

Appointments: 020 8725 0007

Or scan
here



For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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