

Phalanx Fracture (Hand)

The phalanx is any one of the fingers located in your hand. When one of these bones is completely broken or cracked, a phalanx fracture has occurred. Phalanx fractures can happen at any time when the finger is hit, jammed, pulled, twisted or crushed. A cyst or tumor can also set in and cause the bone to become weak, which leaves it open to breakage whenever anything happens to the hand but this is rare. Most often fracture occurs from blunt trauma, such as punching a wall or solid object, falling, or catching a ball awkwardly.

Common sports that leave themselves susceptible to finger fracture are fighting, grappling or martial arts, skiing, snowboarding, rugby, football or cricket.

Common symptoms that are associated with a phalanx fracture:

- Tenderness and pain
- Loss of function (unable to bend or straighten your finger)
- Popping or snapping at the time the finger is injured
- Deformity
- Swelling
- Bruising or discolored skin

Phalanx Fracture (Hand) Anatomy

The anatomy within the hand is quite complex, fascinating and intricate. Its integrity is imperative for individuals to be able to go through life on a regular basis and engage in normal activities. Hands can be affected by any number of disorders, but often from a traumatic injury.

Multiple small joints work together to allow movement in the hand. This provides you with the fine movement needed for threading a needle or tying a shoelace.

How to Treat a Phalanx Fracture (Hand):

1. Exercise

For many people, they tend to avoid doing anything that is going to cause pain to an already injured area. With a phalanx fracture, you want to make sure you are exercising it to prevent any stiffness from setting in and the joints not being able to move.

2. Cast

A cast or splint might have to be applied to help support and secure the finger in place to promote the healing process. When the finger remains in place, it allows the bone adequate time to begin healing itself.

3. Surgery

If the break is going to require screws, pins and other pieces of hardware to help set the break, surgery might be the only alternative for you. Undergoing the surgical procedure will allow the surgeon to place the proper hardware in place to allow your bones to remain in the proper position until they have had time to heal properly.

4. Ice

Apply ice to the affected area for 5-10 minutes at a time three to five times per day. Make sure to wrap the ice in a thin towel to prevent ice burn from occurring. Ice can help to reduce the amount of pain and inflammation that you are currently dealing with from the break.



Tips:

- When playing contact sports, try to exercise caution when using your hands. Pay attention to how you are catching a football, basketball, etc. to prevent any undue injuries from occurring.
- An anti-inflammatory medication can help to provide you with some degree of pain relief and work to decrease the swelling.
- If you hear a snapping or popping when hitting your hand into an object, you want to get it checked out to determine the extent of your injuries.
- Rehabilitation is important following any finger fracture or injury. Discuss rehab with your therapist.