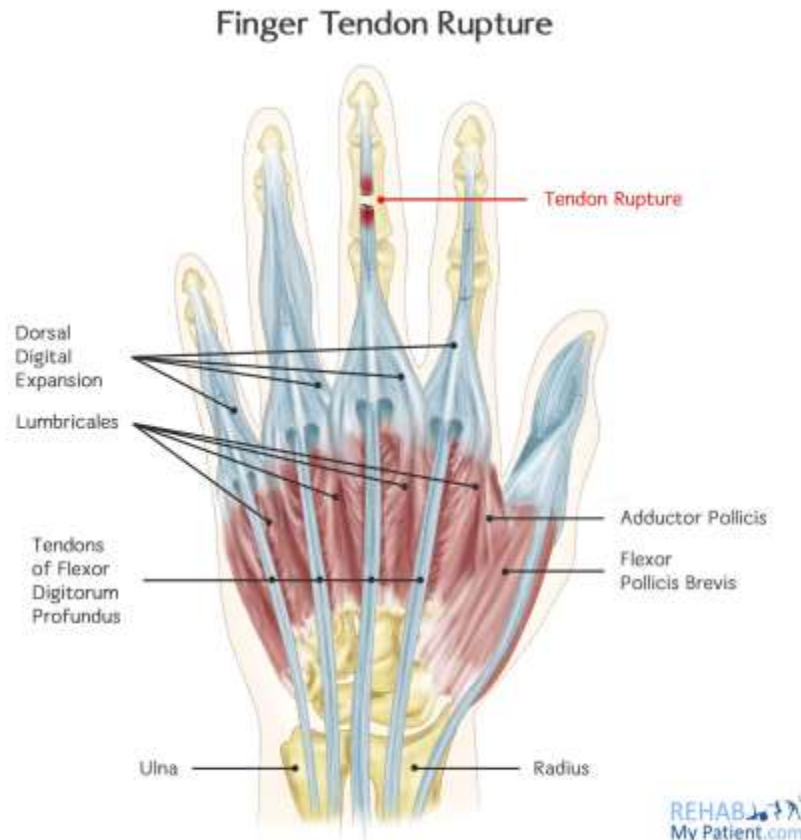


Finger Tendon Rupture

If you are like most people, the chances are good that you've had a hand injury at some point in your life. While most minor wounds tend to heal quickly without much self-care, there are some occasions when repetitive and daily use of your hands and wrists can cause a more serious health issues.



What Causes Finger Tendon Ruptures?

There are many possible causes of finger tendon ruptures. People who participate in contact sports including football, soccer, volleyball, basketball, wrestling, and martial arts run a higher risk of injury to fingers, hands, and wrists. Additionally, individuals who engage in high-speed sports including skateboarding, skiing, biking, inline skating, roller skating, and snowboarding are at risk of trauma and swelling from accidents.

Non-sports related hazards include slips and falls, as well as injury caused by overuse, repetitive motions, may also threaten the healthiness of your hands, wrists, and fingers.

Children and the elderly are at the highest risk of suffering hand and wrist injuries, but for different reasons. Kids can be reckless, and accidents can happen that cause injury to hands and arms. In older people, less bone and muscle mass increases the susceptibility of hand and wrist injuries. Additionally, problems with balance and vision could also be a contributing factor in falls that cause finger tendon ruptures.

About Finger Tendons

Tendons act similar to a rubber band. Your hand tendons connect muscle to bone. When under tension, they contract to move your hands. When a ligament gets cut or torn, the ends of the tendon pull apart, preventing the tendon from healing on its own. When this happens, nerve damage may also occur because the nerves are near the tendons which are damaged.

If you are experiencing pain, you can treat minor injuries to your hand by:

Apply Ice or Cold Packs.

Elevate your hand above your heart to reduce swelling and pain.

Use a bandage to compress your fingers.

Damage to your finger tendon can leave the finger bent and very stiff (sometimes even fixated). Do exercises to help straighten and bend your finger.

Getting Diagnosed

Anyone who is suffering from pain or hand injury should seek the advice of a medical professional as soon as possible. The doctor can base a diagnosis and a treatment plan based on the location, the severity, and the type of injury.

Physical therapists, physios, osteopaths, occupational therapists and hand therapists can also diagnose the problem.

In rare cases, your physician might suggest a tendon repair surgery to treat damaged tendons. Tendons and ligaments may not regenerate. Instead, when they are damaged they form scar tissue. Scar tissue is far less flexible and doesn't offer the same functionality as a healthy tendon.

How Long For A Finger Tendon Rupture To Heal?

There is little doubt that having an injured hand makes everyday life a bit more difficult. Your ability to finish simple tasks like driving, cleaning, writing, or other activities could get severely impacted. While individual recovery times vary based on a variety of factors. A healed tendon usually gets to full capacity in around 12 weeks. However, it may take as many as six-twelve months to regain full range of movement. In severe injuries, fingers or thumbs may not recover to complete capacity and extension after a finger tendon rupture.