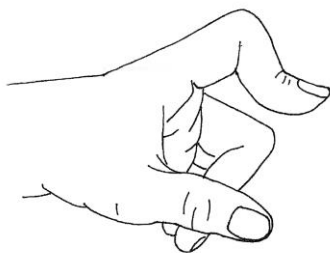


What is a Boutonnière Deformity?

This is when the middle joint of a finger becomes bent and the end joint becomes over-straight.



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- It can start if there is a lot of swelling in the middle joint of the finger.
- The tendons that keep the finger straight get stretched, weak, slip out of place, and may eventually tear.

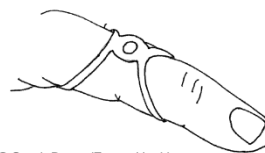
How is it treated?

Digi sleeve or Coban bandage

- This light compression can help reduce swelling and pain
- Tension on the Digi sleeve/Coban bandage should be comfortable.
- If your pain gets worse or your fingertip turns white or dark red, it is too tight.

Splints

- Hold the middle joint in a straighter position.
- Reduce the amount of stretch to the structures that support your joint.
- Allow the other joints to move freely.



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General Wearing Instructions:

- Day 1: Wear your splint no longer 30 minutes.
- Gradually increase your wearing time each day.
- You can only wear splint straps tightly for short periods (less than 15 minutes). Ease off strap tension for longer wear.
- Splints should never hurt or cause lasting skin redness. If this happens, stop wearing the splint. Contact your arthritis therapist.
- Splints are easy to lose. Be careful when removing gloves, washing hands, making beds etc.

There are different styles of splints. Your therapist will give you a specific wearing guide.

My splint wearing guidelines:

What is a Boutonnière Deformity ?- continued

Joint protection

Protect your fingers from stress with everyday activities:

- Try not to tightly grip pens and small-handled tools (pens, peelers, toothbrushes). Large, padded handles make tools easier to hold and help to relax your grip.



- Try not to carry heavy grocery bags and suitcases. Use shoulder straps, rolling luggage or backpacks.

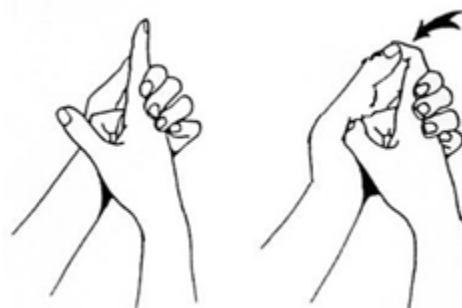


Exercises

Use **ice or contrast bath** to reduce pain and swelling. Use **heat or contrast bath** to improve movement before starting your exercises.

1. Fingertip Bend (passive):
Use your other hand to hold the middle joint as straight as possible and to help bend your fingertip.

Hold stretch for 10 - 30 seconds, building up to 1 minute.



Do 5 -10 times, once or twice daily.

2. Fingertip Bend (active):
Use your other hand to hold the middle joint as straight as possible and actively bend the end joint (fingertip) on its own.

Do 5-10 times, once or twice daily.



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