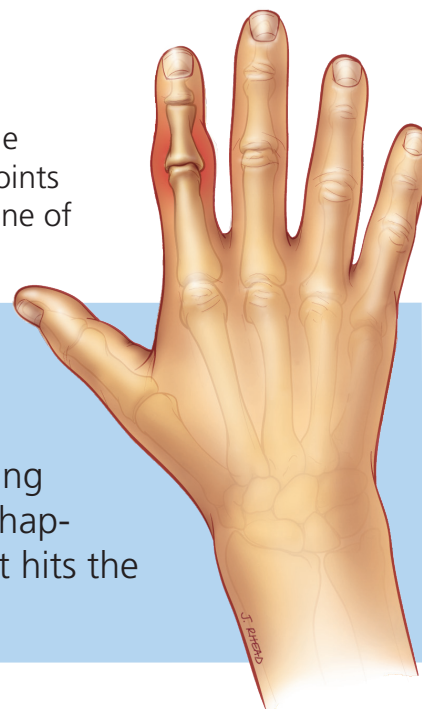




**PLAYING MY BEST
SPORTS**
DISCOVER YOUR ELITE ATHLETE

JAMMED FINGER

The hand is made up of many bones. The fingers are known as the phalanges. These bones are held together by ligaments, making joints or knuckles. Sometimes in athletics, it is easy to sprain or “jam” one of these joints or knuckles.



FACTORS THAT CONTRIBUTE TO INJURY

A jammed finger is usually caused when an object or opponent hits into the end of the athlete’s finger, forcing the finger out of its normal range of motion. This can happen when a goal keeper attempts to catch a ball and it hits the tip of his/her finger.

SIGNS AND SYMPTOMS

- Bruising and swelling of one or more knuckles and difficulty bending or straightening finger
- Enlarged knuckle – even after several weeks

SIGNS OF A POTENTIAL FRACTURE

- Pain above or below the joint
- Crepitus (crackling or grating sound)

TREATMENT

- ICE slush (see RICE handout)
- Buddy tape – or tape injured finger to adjacent uninjured finger
- See physician to rule-out fracture
- Range of motion exercises:
 - After icing bend and straighten finger
 - Silly putty squeeze
 - Rubber band



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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