

Buddy Strapping

It is important to allow free movement of the finger joints whilst giving support to the injured finger.

In this 'active splinting' the uninjured finger will support the injury while encouraging gentle movement.



A thin layer of gauze between the fingers provides comfort and helps prevent sores/rashes.

Tape should be at least double wrapped around the fingers to allow good support.

The tape should be applied lightly enough to support the injury without being uncomfortable.

The tape should sit **between** the joints of the fingers, to allow the joints to bend.



Remember to educate the patient so they can change their own strapping regularly.

Always strap the index and middle fingers

OR

the ring and little fingers

Strapping the middle and ring fingers together will be hard for the patient to tolerate and reduce function.

Try it and see!

Note the tape is at angle on the small finger to allow for the difference in height

