



Buddy strapping: discharge advice

You have been advised to 'buddy strap your fingers following your finger or hand fracture. This leaflet outlines what this entails.

What is 'buddy strapping'?

Buddy strapping is done by strapping your injured finger to the finger next to it; this protects your injured finger or hand while allowing you to move it to prevent stiffness. You will be advised which fingers to strap together.

The strapping needs to be secure so that it keeps both fingers together as you bend and straighten them but not so tight as to cause an increase in your swelling or to cut off your circulation. If your finger starts to change colour or you get pins and needles which you did not have previously, then loosen the strapping.

The strapping should be applied between the finger creases (as pictured above) so you can bend and straighten the joints. You may need to cut your tape in half lengthways to make it narrow enough to stop it from hindering your movement. A piece of soft gauze can be placed between the fingers to absorb any sweat and to stop them from getting sore by rubbing against each other.

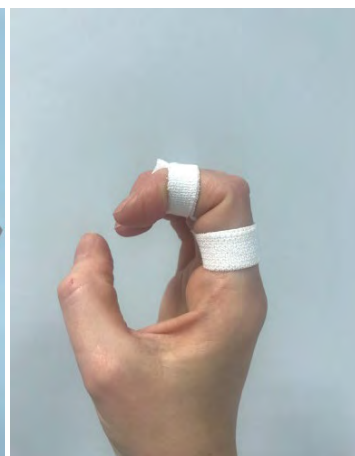
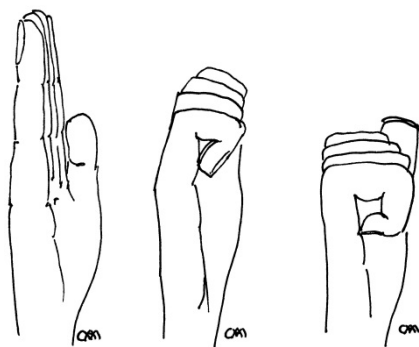
You can change the strapping daily to freshen up your hand. Reapply the strapping immediately after you have done this. The strapping does not need to be changed every time it gets wet but it may become less effective and your fingers may become sore if it gets too soggy.



What exercises should I be doing?

In the first couple of weeks, the aim is to reduce the swelling by keeping the hand elevated higher than the heart while encouraging movement of the fingers as pain allows.

Once the pain and swelling start to settle, remove the strapping and progress on to the exercises shown below.



If the pain gets worse or lasts more than three weeks, or if you are concerned following discharge from hospital, please contact: Fracture Clinic on 0118 322 6567 (10am-5pm, Monday to Friday) or mobile: 07554 330 369.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Written by CM/JV/JR Hand Surgeons and Hand Therapists, December 2018

Reviewed: RBFT Department of Orthopaedics Orthopaedic Unit, March 2024

Next review due: March 2026