

# Coaches Finger; Splints to Protect an Injured Hand and Prevent Long Term Deformity

McCue established the term "coaches finger" for an on-field finger injury that receives no treatment, but has significant consequences (McCue 1974). When accurate diagnosis with early intervention is not initiated, what first appeared to be an innocuous injury becomes complicated, and treatment is often unsuccessful (McCue, 1974). Conversely, prompt intervention can result in no residual deformity or recurrence of injury (Palmer, 1978).

McCue FC (1974). The coaches finger. Journal of Sports Medicine, 2(5) 270-275

Palmer RE (1978) Sports Casting of the In-season Athlete. Peoria, Illinois

## Why Splint?

- Splints are custom made, low profile & comfortable
- Fabricated from 1.6mm thermoplastic or neoprene
- Material is water-proof, re-usable, durable & cost effective
- Moulding the splint takes 3-5 minutes and can be done on-site
- Splints can be worn under a glove, tape, or padding
- Attach brace with tape or velcro as necessary
- Splints can be alternated with other braces when player is off-field<sup>2</sup>
- Will permit full motion at non-involved joints
- Splints have been trialled on professional and amateur athletes
- Player can return to training or play with confidence, quickly and safely
- Long term deformity avoided
- Dorsal splints can prevent loss of sensory input

## Indications

- Fractures- stable or post fixation
- Chronic joint instability
- Collateral ligament injury
- Mallet finger injury
- Metacarpal fractures
- Phalangeal fractures
- Bennett's fracture
- Volar plate injury
- **Arthritis**
- **Tendon avulsion**
- **Post surgical repair protection**



2<sup>nd</sup>/3<sup>rd</sup> metacarpal fracture brace



4<sup>th</sup>/5<sup>th</sup> metacarpal fracture brace



4<sup>th</sup>/5<sup>th</sup> metacarpal fracture brace including 5<sup>th</sup> MCP joint



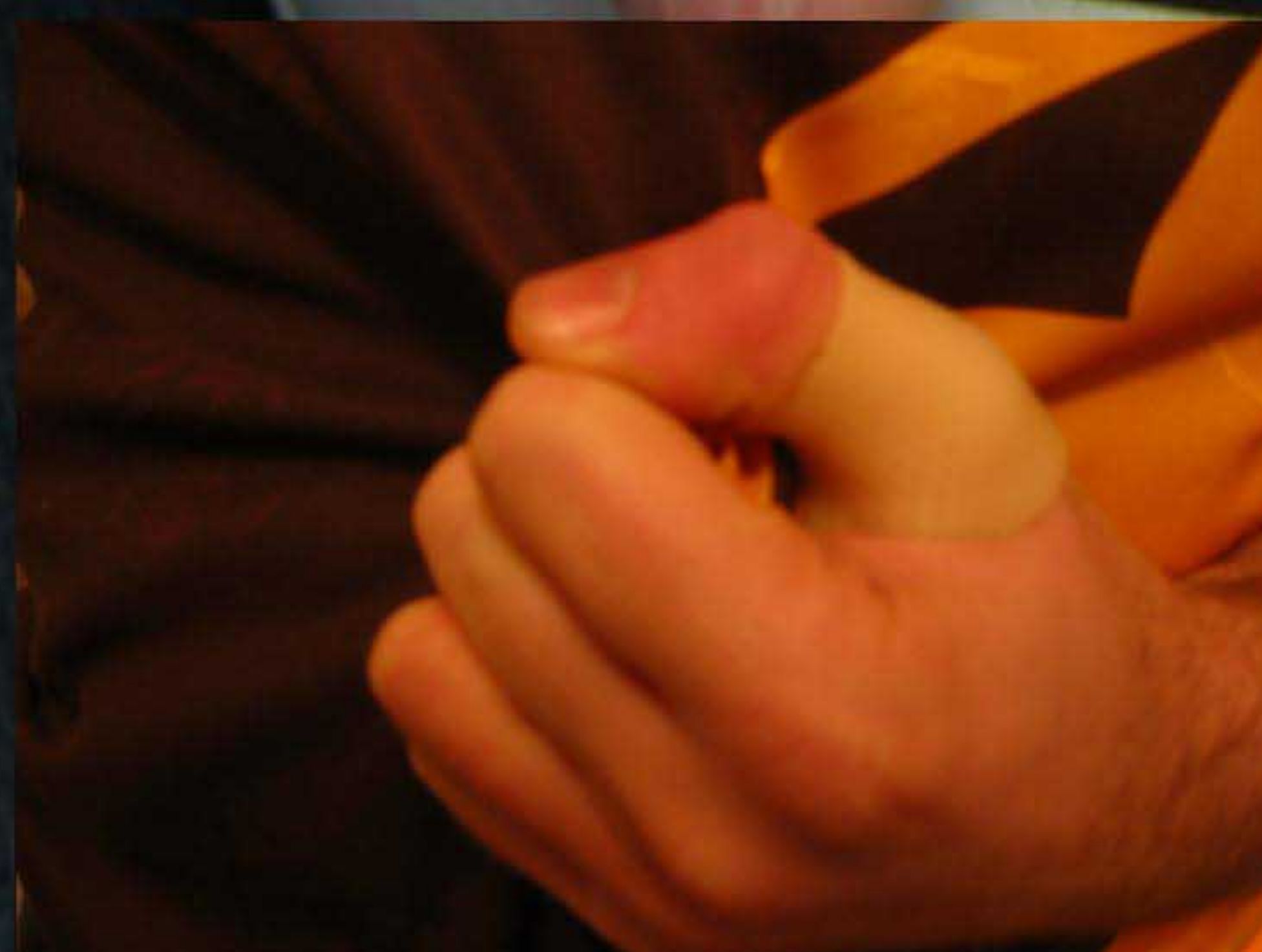
Dorsal mallet finger splint



Dorsal thumb splint



Spiral PIP joint splint



Thumb MCP joint anti hyper-extension splint



Dorsal PIP joint splint