

**MIKE FOSTER**  
**Hand Wrist and Elbow Surgeon**  
**FDP Avulsion**

**Problem**

- The affected finger is unable to fully bend.

**Cause**

- The tendon has pulled off the insertion into the end bone of the finger.

**Diagnosis**

- Most commonly the finger has been caught in a rugby jersey, causing sudden pain and discomfort and the inability to bend the end of the finger.
- There is normally full passive movement but the patient is unable actively bend the fingertip.
- X-rays sometimes demonstrate a small bony avulsion.
- MRI scan or ultrasound could be used to confirm the diagnosis.

**Treatment**

- Early diagnosis (less than three weeks) should be treated with acute repair.
- The tendon is retrieved and passed through the pulley system and reattached to the distal phalanx, either using suture Anchor, or a tie-over button technique.

**Potential Complications**

- Infection, haematoma, neurovascular injury, stiffness.
- Failure of the repair.

**Post Op Care**

- The patient is normally discharged in a protective plaster slab
- Attends hand therapy for formation of a protective splint and starts range of movement in a protective range, until the repair site is healed at approximately eight week mark.