

Hand Therapy Department

Buddy strapping

Information for patients



Buddy strapping allows your injured finger to move whilst also protecting it. This is done by splinting it (strapping it) to the next finger.

The strapping should be tight enough so that when you bend your uninjured finger it brings the injured finger down with it. The same should happen when you straighten your fingers. It should not be so tight that it cuts off your circulation or increases the swelling in your finger. If your finger starts changing colour or you get pins and needles which you did not have before then the strapping is too tight.



The strapping should be placed around your fingers, going between the creases (finger joints) so you can still easily move and bend your fingers. A piece of soft gauze can be placed in between the two fingers to stop them rubbing and sweating. We would suggest that you change the strapping daily. You will be given supplies of gauze and medical tape to take home.

Do not worry if you get the strapping wet, but try not to soak it too often as it may reduce how useful it is. It does not matter if it gets dirty.

You need to wear this strapping for:

If you have any worries or questions about your strapping please contact:

Hand Therapy Department,
Plastic Surgery Outpatients,
LG1 West Wing,
John Radcliffe Hospital.

Telephone: **01865 231 181**

08:30-16:30 Monday - Thursday

08:30-13:00 Friday

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@ouh.nhs.uk**

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