



Oxford University Hospitals
NHS Foundation Trust

Buddy strapping

Information for patients



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

The strapping should be tight enough so that when you bend your uninjured finger it brings the uninjured 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 joints so you can still easily move and bend your fingers. A piece of soft gauze should be placed in between the two fingers to stop them rubbing and sweating. We suggest you change the strapping daily.

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.



How to contact us

If you have any questions or concerns, please contact your GP or NHS 111(dial 111(freephone) from any landline or mobile).

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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