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Finger Dislocation



Overview

If your finger is dislocated, that means a bone has been forced out of its normal position. It's a common, painful injury, and one that needs proper treatment.

Causes

Finger dislocations occur when your finger is forcefully jammed or bent past its normal range of motion. That can happen if you fall and try to catch yourself, or if you get hurt playing sports. In the fingers, most dislocations happen at the middle joint. In the thumbs, it's usually the joint at the thumb's base.

Symptoms

A dislocation hurts. Your finger may be bent at an odd angle, and it may swell. In most cases, you won't be able to bend or straighten it. Sometimes it's hard to tell a dislocation from a broken bone. A doctor can take images to decide.

Treatment

In many cases, a doctor can treat your dislocation without surgery. The bone is moved back into position, and your finger is supported with a splint. But sometimes, the bone is blocked by soft tissues. Or, the dislocation may have caused tissue damage. If so, you may need surgery to prevent long-term problems. Your healthcare provider can create a plan that's right for you.

