

## Open Dislocation of Fifth Digit

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**History of present illness:** A 17-year-old female presented with a chief complaint of right fifth finger pain. The patient reported that she was playing volleyball when she blocked an opponent's shot and sustained an injury to her right fifth finger.

**Significant findings:** Physical exam revealed an open dislocation of the proximal interphalangeal joint (PIP) of the right fifth digit. X-ray confirmed dislocation and revealed no fractures. The patient received a tetanus booster, Cefazolin, and the dislocation was then washed out and reduced. Multiple reduction attempts were made and were only successful once the metacarpophalangeal joints were held in 90-degree flexion, which relaxed the lateral bands and enabled the finger to be reduced.

**Discussion:** Proximal interphalangeal joint dislocations result in more complications than those of distal interphalangeal joints (DIP).<sup>1</sup> Dorsal dislocations of the PIP are more common than volar dislocations and usually cause injury to the volar plate and the collateral ligaments.<sup>2</sup> Dislocations are typically reduced with hyper-extension of the middle phalanx followed by longitudinal traction of the distal portion of the finger, and then gentle flexion or palmar force.<sup>1,2</sup> The finger is then splinted in 20-30 degrees of flexion. Open dislocations and fracture dislocations should be evaluated for hand surgery.<sup>1</sup> If left untreated or incompletely reduced, dorsal dislocations of the PIP may lead to swan neck deformities.<sup>2</sup>

**Topics:** Orthopedics, hand injuries, open dislocation, DIP, PIP, swan neck deformity, reduction.

**References:**

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