

PATIENT EDUCATION RESOURCE

Seymour Fractures



"Working with a knowledgeable hand therapist can make the difference between success and failure in complex hand surgical cases. The therapist extends the continuum of our care, as well as functioning as coach and trainer for our patients."

MARYBETH EZAKI, MD, PAST PRESIDENT, AMERICAN SOCIETY FOR SURGERY OF THE HAND

What is a Seymour fracture?

A Seymour fracture is an injury where the fingertip is crushed and the bone is fractured through the growth plate of children and adolescents. The nail bed may also be cut.



Example of a Seymour fracture

What are the signs and symptoms of a Seymour fracture?

The fingertip will not be able to straighten. The tip joint may be painful, swollen and red. There may be blood under the nail and a wound that can become infected.

What is the treatment for a Seymour fracture?

The injury will not heal correctly if the tip joint bends, and it must be kept straight with an orthosis. If the injury is severe, surgery may be required.



An orthosis will help keep the tip joint straight after a Seymour fracture

What can a hand therapist do for me?

A hand therapist can make a custom orthosis to help position the finger while healing. Instructions can be provided on how the child can safely complete daily activities. When it is time for the finger to move, the hand therapist will help slowly reduce the wearing time of the orthosis, increase range of motion and encourage use of the hand.



To locate a hand therapist in your area, visit the
American Society of Hand Therapists at www.asht.org or call 856-380-6856.