

SPLINT A FINGER

I know what you are thinking. Splinting a finger is not an everyday occurrence in our household and you're right. But let me say that having a little experience with it will be helpful because I'm willing to bet dollars for donuts that you'll be around someone with a hand injury.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Gather the materials and splint one of your parent's fingers showing them how you are ready to face anything, up to and including a sprained pinky.

LEVEL G

B-7

Now, let's begin by saying that if the injury is a bad one. I mean mashed hand with blood, fingers pointing in peculiar directions, fingers abnormally long or short, or a weird pins and needle feeling, or numbness, get to the emergency room. Do not pass Go and do not collect \$200.

Now, for a sprain or lesser injury, you can treat this at home. It will still be painful, so we will immobilize the finger and give it chance to heal.

You are going to need a splint. Popsicle sticks work well for this and some surgical tape.

Now, cut the Popsicle sticks, or similar rigid item, to the length of your finger and place one on the top of the finger and one on the bottom. Wrap them to your finger ensuring that your finger remains straight. Use the tape to hold the finger straight, wrapping between knuckles. If you make it too tight, you can cut off circulation, too loose will allow the finger to move.



Try to use your best judgment to get the tightness right. So, do you feel ready for anything or at least a badly sprained finger? You go, RockHopper.

2