

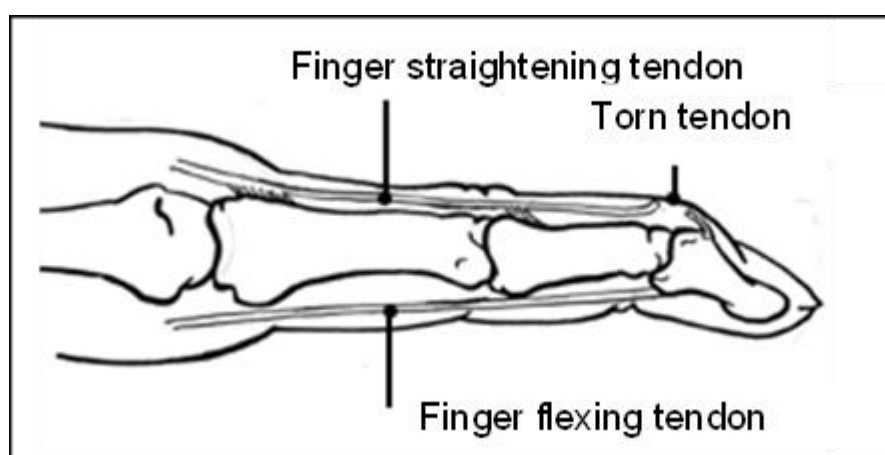
Patient information

Advice Sheet for Mallet Finger

Therapies Department

Mallet Finger

- Occurs following injury to the tendon that straightens the end joint of the finger.
- In a few cases a small fragment of bone is pulled away with the tendon.
- With this injury, you will be unable to straighten out the tip of your finger (you will hear this being called a lag). This is often referred to as a mallet finger.



Mallet finger injury



Mallet Splint

0-Six Weeks

- You will be fitted with a mallet splint for at least six weeks. This will either be an off-the shelf or custom made depending on the fit.
- Careful, regular attention must be given to the skin underneath and surrounding the splint to ensure it remains in a good condition. There should be no pressure areas (e.g. redness of your skin/ blisters), no pins / needles or numbness and the finger should remain pink in colour.
- It is important that your finger and the splint are kept dry; otherwise this can cause problems with your skin.
- The splint should be worn at all times but should be removed twice a day for washing the finger.
- However, it is **essential** that the end of the finger is supported **straight** throughout as instructed by your therapist.
- Failure to do so will result in poor skin condition and a permanent lag in the tip of your finger.
- It is important you keep all the other joints in your hand moving fully, including the non-splinted joints of the affected finger.

Six to Eight Weeks (approximately)

- You will be advised to gradually decrease the amount of time you wear the splint.
- Once the splint is removed, the end joint in your finger may be stiff.
- Physiotherapy may be needed to help gradually regain the movement.
- In between treatment sessions; should your finger begin to 'droop' or lag and you are unable to fully straighten it then the mallet splint should be reapplied. Discuss this with your therapist.
- The splint should be worn at night for at least 12 weeks.

Please note

Until the tendon is well healed (this could be between 12-16 weeks) all resisted movements such as flicking, contact sports or activities that could forcefully bend the tip of the finger, including stretching fingers against a hair bobble should be avoided.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

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