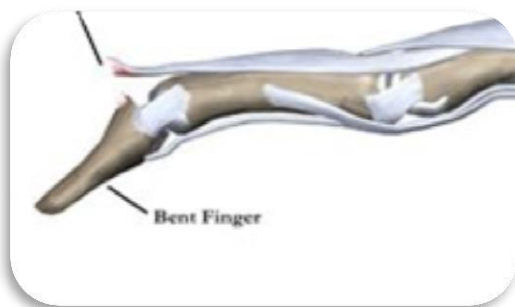


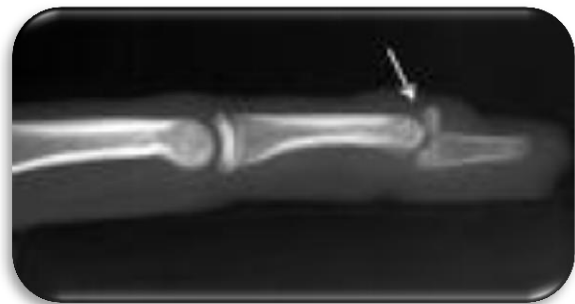


Mallet Injury

You have damaged the tendon/bone at the top joint in your finger/thumb. This is called a “**Mallet injury**”. You have either torn the tendon or broken off a small piece of bone that straightens the tip of your finger. If this is not treated it can lead to a drooped fingertip and you would be unable to straighten it.



Tendinous Mallet



Bony Mallet

It will take at least 6-8 weeks to heal enough for you to move the joint and then a further 4-6 weeks to be fully healed. If at any time during this period you allow the tip of your finger to bend you may have to start the period of splinting again.

Splint

To allow the tendon/bone to heal the joint must be kept still and no bending allowed so the two ends tendon/bone can join and heal back together.

You will be given a splint to wear continuously for _____ weeks then for protection for further 2 weeks.

If at any time during the 6-8 weeks you allow your fingertip / thumb tip to bend the tendon can snap or the fracture can shift position and you will have to start from day 1 again.



You will need to keep the splint clean and dry. Therefore you need to wear waterproof gloves or a plastic bag over the finger in the bath or shower otherwise water can sit against your skin and cause an open sore.



If you feel your splint is getting too loose you can add an extra layer of tape to reinforce and tighten the splint rather than letting the splint come off.

Your therapist will arrange to have your splint changed every 7-10 days

Monitoring

It is important to regularly check your fingers for any:

- abnormal swelling
- change in skin colour
- abnormal sensations e.g. pins and needles or numbness
- skin redness, blistering, bleeding or breakdown
- pain

Exercises

Bend the middle joint of the finger / thumb to touch your palm every 2 hours to prevent stiffness

It is important to use the unaffected joints of your hand as you would normally. However, you should avoid activities that involve any pressure on the tip of injured finger that could cause it to bend for example holding a heavy shopping bag.

You will have your progress monitored by your therapist. Around 6-8 weeks if your doctor or therapist is happy your finger has healed, your splint will be removed and you should be able to commence gentle active exercises. Your therapist might provide you with another splint to wear at night and for protection.



Do not

- **Do not** get the splint wet: You need to wear waterproof gloves or a plastic bag over the finger in the bath or shower otherwise water can sit against your skin and cause an open sore.
- **Do not** Bend your finger / thumb tip at any time / leave your finger unsupported at any time
- **Do not** Grip anything with force
- **Do not** try to bend your finger to see if it is better or allow anyone else to do this
- **Do not** remove your splint at any time.
- **Do not** do any sport including cycling.



- Contact us if your splint has come off or the tapes have become loose
- Contact us if you have any concerns

