



Mallet Injury of the Finger

Doncaster Royal Infirmary
Armthorpe Road
Doncaster
DN2 5LT

You will be followed up by the hand clinic.

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Physiotherapist.

You have sustained a mallet injury to your finger.

This is an injury to the tendon that straightens the end joint of your finger.

The splint must be worn constantly for 8 weeks.

Healing: This normally takes approximately 10- 12 weeks to heal.

Pain & swelling: Take pain killers as needed.

Using your hand: **Wear the splint all the time, if you do not wear the splint all the time the injury may not heal in the right position** - see below for instruction on when to remove the splint.

You may use the hand as pain allows.

It is important to keep the rest of the finger bending to stop it becoming stiff. The tape should stop before the 2nd finger joint (see below). If your splint does not fit snugly please contact us.

Follow up: To ensure you are progressing as expected you will be reviewed in hand clinic in 1-2 weeks.



If you are worried that you or your child are unable to follow this rehabilitation plan,

Or, experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

Or if there are any questions, then please phone the Fracture Care Team for advice.

Please follow this plan

What to expect:

Weeks since injury	Plan
0-8	<ul style="list-style-type: none">✓ You will be in a mallet splint.✓ Remove the splint once a day to wash and air the splint - you must keep your finger straight on a table when you do this, see below.✓ Move your other fingers often with the splint on.✓ Hand clinic review in 1-2 weeks✗ Do not bend the end of your finger.
8-10	<ul style="list-style-type: none">✓ Use the splint at night only, unless your therapist advises otherwise.✓ Start moving the end joint of the finger with your other hand.✗ Do not include that finger in any heavy lifting.✗ Do not do lots of repeated gripping.
10 -12	<ul style="list-style-type: none">✓ The injury has healed.✓ Stop using the splint (you may wish to use it if you are in a busy area)✓ You can begin to resume normal activity but be guided by any pain you are experiencing.✓ Carry out day to day activities.✗ Do not force the finger to bend.✗ If the fingertip droops down- re-apply the splint.
12	<ul style="list-style-type: none">✗ If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.

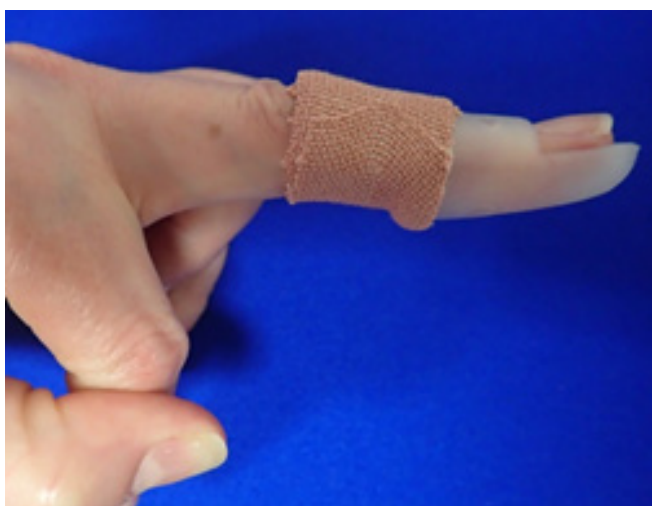
Advice for a new injury:

Cold packs:

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief. Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

Exercises:

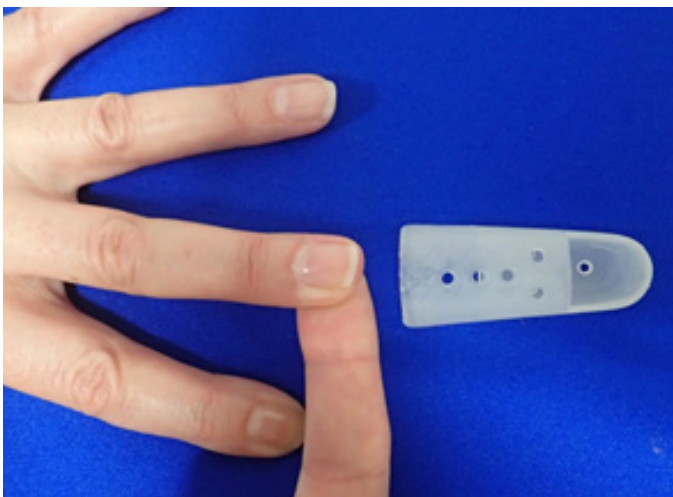
Do these exercises with the splint on:



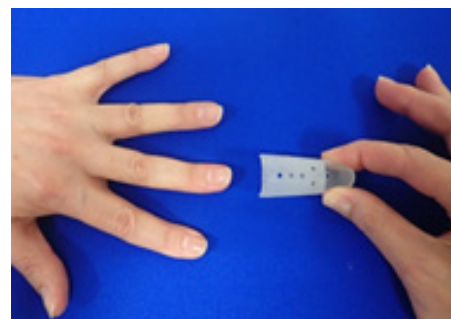
Bend and straighten your finger below the level of the splint (the end of the finger must stay straight in the splint).

If you remove the splint to air the finger you must keep the joint straight like this.

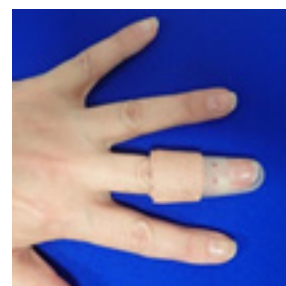
DO NOT LET THE END OF YOUR FINGER BEND.



Taking the splint off:



Putting the splint back on:



Keep the tip of the finger straight at all times when putting on the splint.