



Mallet Injury of the Thumb

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. The splint must be worn constantly for 8 weeks.

You have sustained a mallet injury to your thumb.

This is an injury to the tendon that straightens the end joint of your finger. There is also a small break in the bone which is part of this tendon injury.

The splint must be worn constantly for 6 weeks.

Healing: This normally takes approximately 8- 10 weeks to heal.

Pain & swelling: Take pain killers as prescribed.

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 2 weeks.

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

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

Or if you have any questions, then please phone the Fracture Care Team for advice.

Please follow this plan

Weeks since injury	Plan
0-6	<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- keep your thumb straight on a table when you do this.✓ Move your other fingers often.✗ Do not bend the end of your finger.
6-8	<ul style="list-style-type: none">✓ Use the splint at night only.✓ Start moving the end joint of the finger with your other hand.✗ Do not include that finger in any heavy lifting.
8-10	<ul style="list-style-type: none">✓ The injury has healed.✓ Stop using the splint.✓ 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.
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.