

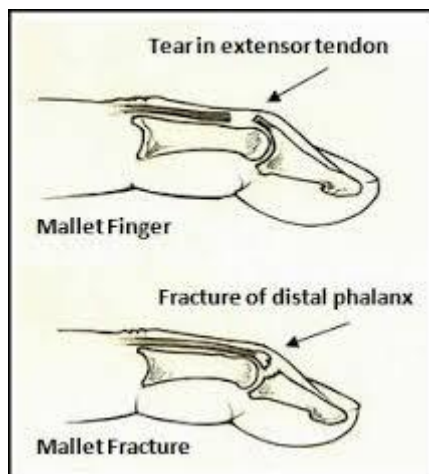
INFORMATION FOR PATIENTS

Hand Therapy: Mallet injuries

What is a mallet injury?

A mallet injury occurs when the tendon that straightens the end joint of your finger is damaged. This is frequently caused by a blow to the fingertip or by stubbing your finger when it is extended.

There may be a small fracture where the tendon attaches to the bone, but the skin normally remains intact.



How is it treated?

The tendon or fracture should heal if kept in the right position for 6-8 weeks. This is achieved by the use of a splint, which will keep the end joint straight but allow you to move the other joints in your finger.

If the end joint is allowed to bend in this time the tendon or fracture will not heal, and you will not be able to straighten your fingertip.

How long do I need to wear my splint for?

Normally the splint is worn at all times for 6-8 weeks then removed slowly over another 2-4 weeks. Your therapist will advise you when it is safe to remove your splint.

What should I avoid doing while my injury is healing?

Do not allow the splint to get wet while you are wearing it, as this may cause damage to your skin.

Do not attempt to bend your finger to examine the healing until advised to do so by your therapist.

Do not attempt heavy tasks (such as playing sports) which may lead to further damage of your finger.

Can I remove my splint?

Only remove your splint for hygiene purposes. Your therapist will show you a safe way of doing this.

You can wash your splint in cold water but ensure that it is fully dry before you put it back on.

Important things to remember

Wear the splint at all times. Remove only as instructed by your therapist.

Do not allow your finger end to drop at any time when you are not wearing your splint.

Keep your finger flat on a tabletop or support it by using your other hand to stop it from bending.

Continue to exercise the other joints of your fingers to prevent them from becoming stiff. You can use your hand for light activities whilst wearing your splint.

Please contact your hand therapist if any of the following occur:

- The splint feels too loose.
- You experience pain, swelling, pins and needles or discomfort.
- Your finger changes colour.

If you have any other questions or concerns about your exercises or your condition please contact your hand therapist:

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Telephone: (01623) 622515, extension

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For appointment queries please contact Therapy Services reception at King's Mill Hospital on (01623) 622515, extension 3221, or Newark Hospital on 01636 685885.

You should not miss your appointment with the hand specialist or hand therapist if one has been requested.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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