

Mallet finger

Physiotherapy department Patient Information

You have sustained a mallet injury to your finger or thumb. This is an injury to the tendon that straightens the end joint of your finger (mallet injury), but it may have pulled off a small fragment of bone (mallet fracture). This normally takes approximately 10- 12 weeks to heal and it is important to take pain killers as needed. You will have been told if you have a mallet injury or a mallet fracture so you can follow the most appropriate advice below..

A splint will be fitted for you

Wear the splint all the time, if you do not wear the splint continuously, the injury may not heal in the right position.

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 second finger joint (see below). If your splint does not fit snugly, please contact the physiotherapy department on **0300 019 4046/4418** for the Royal Bournemouth or **0300 019 2121/2234** for Poole.



Mallet injury

(Tick)

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. ✗ Do not bend the end of your finger ✓ Move your other fingers often. ✓ Hand therapy review in 1-2 weeks.
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. ✗ Avoid strong grip, heavy lifting or forced bending of the fingertip. ✗ Monitor for the end of the finger starting to droop down - if this occurs, re-apply the splint.

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 day-to-day activity but be guided by any pain you are experiencing. ✗ Do not force the finger to bend. ✗ Continue to monitor for a droop at the fingertip.
12	<ul style="list-style-type: none"> ✗ If you are still experiencing significant pain and swelling, then please contact your hand therapist or the Fracture Care Team for advice.

(Tick) **Mallet fracture**

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. ✗ Do not bend the end of your finger. ✓ Move your other fingers often.
8- 10	<ul style="list-style-type: none"> ✓ Use the splint at night only. ✓ Start moving the end joint of the finger. ✗ Avoid strong grip, heavy lifting or forced bending of the fingertip. ✗ Monitor for the end of the finger starting to droop down - if this occurs, re-apply the splint.
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 day-to-day activity but be guided by any pain you are experiencing. ✗ Do not force the finger to bend. ✗ Continue to monitor for a droop at the fingertip.
12	<ul style="list-style-type: none"> ✗ If you are still experiencing significant pain and swelling or there is a droop at the end of your finger, then please contact your hand therapist via the physio department on the number you have been given.

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