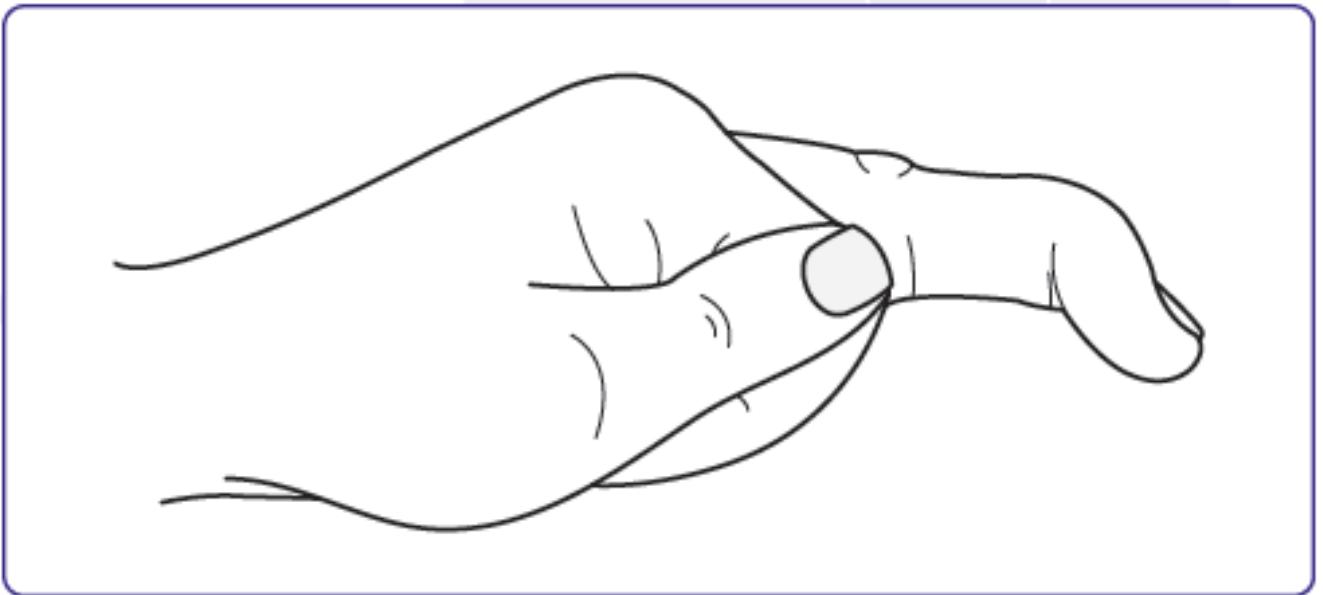
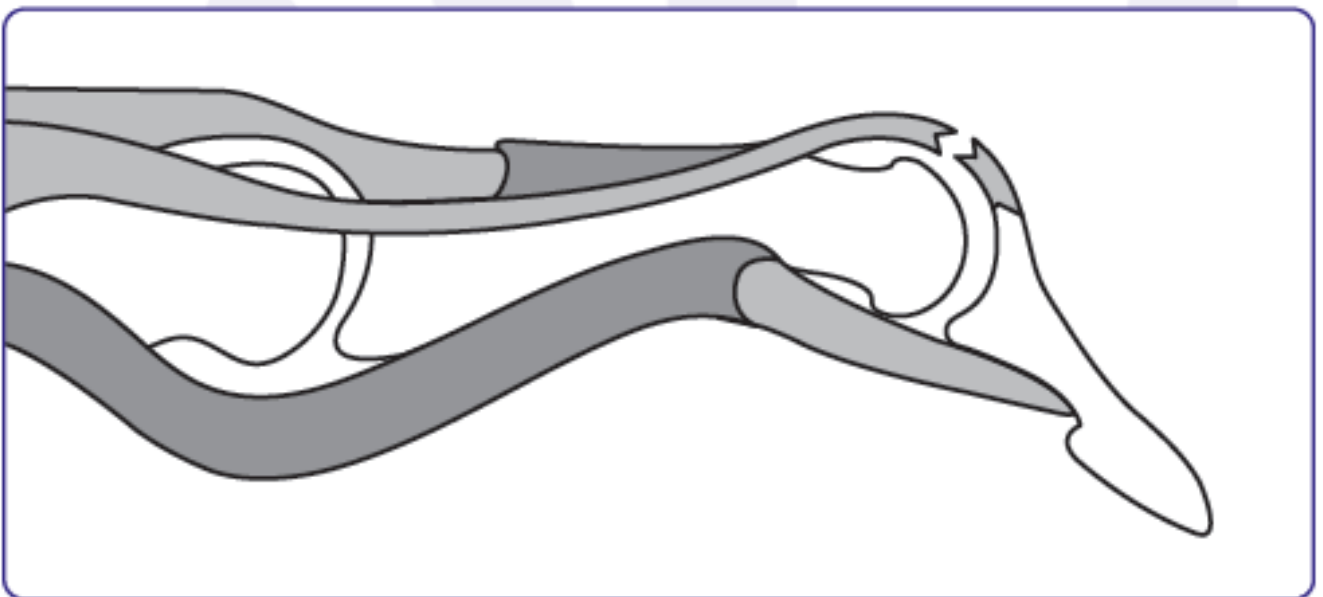




Therapy advice after a Mallet Injury

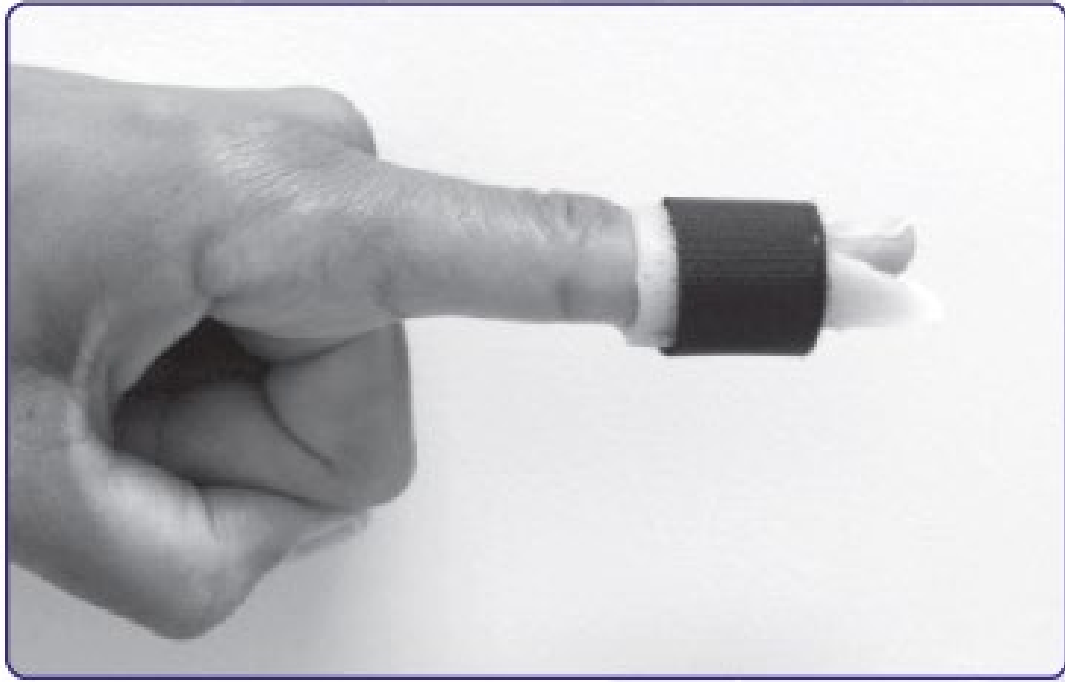
Background

This is a common injury after stubbing the end of your finger. It is due to the tendon (figure 1) that straightens your finger being pulled away from the bone, leaving you unable to straighten the end of your finger (figure 2).



Treatment

- You will be provided with a splint to hold the end of your finger fully straight
- You will be required to wear the splint full-time for six weeks to enable the tendon to heal
- The splint may only be removed to wash your finger. When the splint is removed, the end of your finger should be supported at all times and the splint replaced immediately



Caution

If the splint is removed before six weeks and the end of your finger drops back down, you will be required to start the six week splinting again, as the tendon may have broken.

- At six weeks your therapist will remove your splint and advise you on exercises
- You will be required to continue wearing the splint full time until instructed by your therapist and gradually reduce the time spent in the splint
- It is important you do not remove the splint full time straight away as your tendon is still weak and could break again



Information for Patients

Upper Limb/Hand Therapy Department

Queen Elizabeth Hospital Birmingham

Mindelsohn Way, Edgbaston

Birmingham, B15 2GW

Telephone: 0121 371 3466

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.