

Mallet Finger

Physiotherapy & Occupational Therapy

Introduction

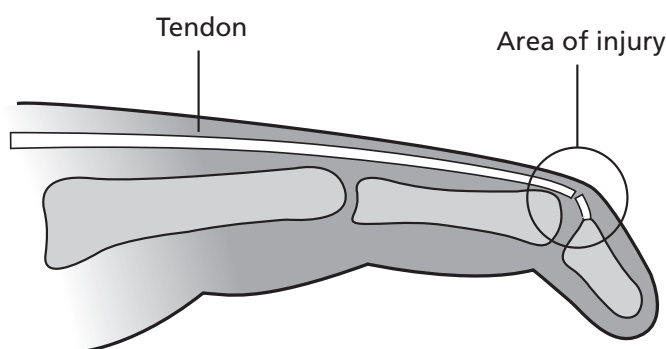
This leaflet is to help you care for a finger injury called a “mallet finger”. It is really important to follow this information as it provides the best chance of the injury healing successfully.

Who is this leaflet for?

This leaflet is for patients who have been diagnosed with a condition called ‘mallet finger’. It explains what mallet finger is, how it is treated, and how to use and care for a splint if you are given one.

What is mallet finger?

Mallet finger is an injury to the end of the finger that causes it to bend inwards towards the palm. You will not be able to straighten the end of your finger because the tendon (the flexible band which attaches muscle to bone) is stretched or torn, or the bone has broken where it meets the tendon.



How is mallet finger treated?

The most successful way of correcting the deformity is to use a splint which holds the fingertip in a straight position whilst scar tissue knits the two ends of the tendon or bone together.

It is essential that the top joint of the finger is kept supported all the time during the treatment period. This means that you must wear the splint on your finger day and night.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

How do I look after my finger whilst I am wearing the splint?

- Try to keep the finger and the splint dry. The skin will become sore if it gets wet under the splint. If you do get the finger or splint wet please follow the instructions given in the next bullet point to remove the splint
- To keep the skin healthy, you should aim to remove the splint just once a day. It is essential that the finger is supported in a straight position when the splint is removed. It is often easier to do this with someone else helping you. The best way to do this is to place the fingers flat on a table and carefully slide the splint off. As you slide off the splint press down on to the tip of the finger to 'over-straighten' the finger
- Keep the finger in this position whilst you wash it, dry it and gently massage a non-scented hand cream into it
- Once you have cleaned your finger, gently replace the splint and attach new tape to keep it in place. This tape should secure the plastic splint but allow movement at the lower joint in your finger

Remember - It is extremely Important you must keep the finger straight / over straightened at all times for your injury to heal correctly.

How long will I need to wear the splint?

You will need to wear the splint day and night for approximately six weeks. Following this you will need to wear it at night only for a further two weeks.

What problems should I look out for?

- The splint becoming loose and is not keeping the finger in a straight position
- Movement of the other joint in the affected finger is becoming restricted
- If you think you may be allergic to the splint causing your skin to become red, painful or itchy
- You experience pins and needles or numbness in your fingertip.

Who can I contact if I have any concerns or questions?

Initially after your injury you will usually be seen in the Emergency Department. You will then be referred to Hand Trauma Clinic. If you develop problems before you have been seen in Hand Trauma Clinic, please return to the Emergency Department. If you have already been seen in clinic, please ring the Hand trauma clinic team, the contact number can be located on your recent hand Trauma clinic appointment card.

If you have concerns or queries about any aspect of using the splint, please speak to your Therapist.

This section can be completed when you are seen in hand clinic. It will not be completed in the Emergency department

Name of therapist:.....

Contact telephone number:.....

Out of hours / emergency contact details:.....

.....

Departmental contact details

New Cross Hospital 01902 307999

Emergency Department contacts:

Adults: 01902 695080

Children: 01902 307999 Ext 88653

Hand Trauma Clinic: 01902 695830

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。