

Mallet Finger

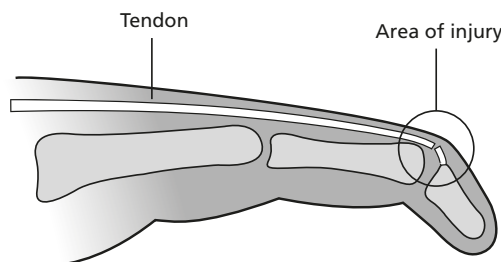
Physiotherapy & Occupational Therapy

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 won't 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.

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

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.

- To keep the skin healthy, you should aim to remove the splint just once a week. It is essential that the finger is supported in a straight position when the splint is removed; 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

Remember - you must keep the finger straight / over straightened at all times.

How long will I need to wear the splint?

You will need to wear the splint day and night for at leastweeks. Following this you will need to wear it at night only for a further 2 weeks.

What problems should I look out for?

If any of the following problems arise you must contact the department which fitted your splint as soon as possible:

- The splint becomes loose and is not keeping the finger in a straight position
- Movement of the other joint in the affected finger is restricted
- You have excessive soreness or symptoms of an allergic reaction to the splint
- You experience pins and needles or numbness in your fingertip.

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

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

Name of therapist:.....

Contact telephone number:.....

Out of hours / emergency contact details:

.....

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。