

**If you require this leaflet in
any other format, e g, large
print please telephone:
01935 384590**

If you have any questions or worries,
please do not hesitate to contact us
during the times shown below.

Monday - Friday
8.30am - 5.30pm

Orthopaedic Clinic
01935 384319

Sister and Clinic Nursing Staff
01935 384409

MALLET FINGER INJURY (TENDON)

Outpatients Department

Mallet finger deformities are often a result from direct trauma to the tip of the extended finger, but can also result from minor forces in daily use.

After the injury a patient will notice the inability to lift the tip of the finger.

The injury may be due to:

- Damaged tendon with no fracture
- Ruptured tendon with a small fracture caused by the force of the injury
- Ruptured tendon with large fracture

Non-operative treatment for your mallet finger deformity

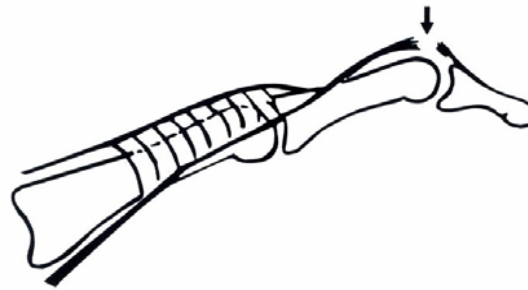
Splinting the finger



Purpose and care of the splint

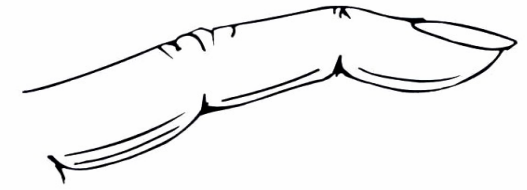
- The splint is applied to immobilise the tip of the finger to allow the tendon to repair.

- To protect the skin during the healing process, cotton gauze is applied under the splint.
- If the gauze needs changing, it is important to place your hand onto a flat surface e.g. knee, table top. This will keep the finger tip straight which prevents disruption in the tendon healing process.
- The splint is secured with surgical tape.
- The doctor will determine the length of time that the splint needs to stay in place.
- A small number of acute complex injuries should be treated surgically, which your doctor will discuss with you.



Your fingertip droops because the tendon to extend it has been stretched or broken.

The treatment is to avoid letting your fingertip drop at all times for a minimum of 6-8 weeks.



Your fingertip must be supported in extension either by a firm object or the pad of your thumb if you are not using your splint.



The splint (which may vary in design) will allow the tip to be kept extended when the hand is in use. It must be removed at intervals to clean the finger and splint. but reapplied immediately after



The splint must be applied to allow the other finger joint to bend.