

# Hand Therapy Department

## Mallet Injury

### What is a mallet finger (thumb) injury?

A mallet finger injury is usually caused when the end joint of a finger is forced to bend forwards suddenly. Causing the tendon that straightens the tip of the finger to tear or pull away from bone.

### Symptoms:

- Inability to straighten the end joint of the finger.
- Pain & swelling may be present.

### Treatment:

A splint will be applied to your finger to keep the end joint straight while the tendon heals.

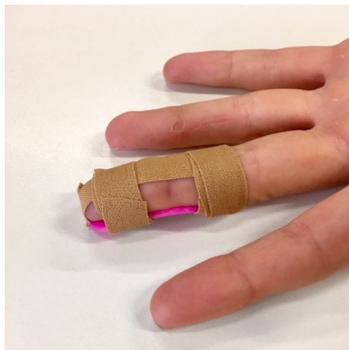
### Constant Splinting Phase:

- The splint is worn **constantly** day & night for a minimum of **six to eight** weeks; your Hand Therapist will advise how long you will need to wear the splint.
- It is very important that the splint is always securely taped or strapped to your finger & that the end joint **DOES NOT BEND** during this period of splinting. As any movement of the end finger joint will delay healing & may cause a poor outcome.

Take all precautions to keep the splint & finger dry at all times to prevent skin from becoming very sore.

It is advisable to remove the splint at least once a week to clean your finger & splint, it is much easier if someone assists you with this. To clean your finger, place the tip of your finger (palm side) lightly on to a table top. Remove the tape / straps and carefully remove the splint. Using a Wet Wipe carefully clean your finger while it is resting on the table top, dry, then reapply the splint securely. Please ensuring while cleaning your finger you do not allow the end joint to bend as this could cause further damage.

**Your Hand Therapist will demonstrate how to fit & remove the splint & clean your finger. Pictured is the most frequently supplied splint.**



**Contact your Therapist if your splint causes any of the following problems:**

- Increased pain
- Skin irritation/soreness; you think the splint is rubbing
- You think your finger has become more swollen
- If your splint feels loose when swelling reduces

**If your hand or fingers turn blue, feel cold, or tingle:**

- Check the straps are not too tight
- Loosen the straps and seek medical advice if the symptoms continue.

If problems arise, please contact the Hand Therapy Department to arrange an appointment. We can only see you if you have been referred by your GP, Consultant or Walk in Centre/A&E. In an emergency, seek medical advice from one of the above.

Name of Therapist..... Date:.....

Other Information: .....

Contact Details: Ashford & St Peters Hand Therapy Department

**Tel: 01784 88 4043**

**Opening Hours: Monday to Friday 8am to 4pm**

Reference: British Society for Surgery of the Hand. 2016 Mallet Finger Injury, leaflet, www.bssh.ac.uk

**Further Information**

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**Version:** 1

**Published:** February 2020

**Review:** February 2022

**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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