

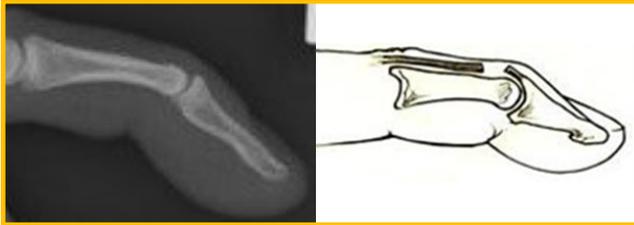
**Name:**

**Date:**

You have injured the tendon that straightens the end of your finger. We call this a 'mallet' finger injury. This causes the tip of the finger to lie in a bent position. You will be unable to straighten it.

### Types of mallet finger injury

#### 1. Snapped extensor tendon



#### 2. Fracturing of the bone where the extensor tendon attaches



#### 3. Cutting of the tendon where there is a wound (not pictured) - these injuries require surgical treatment in hospital and are not covered by this leaflet.

This injury is treated with a splint to keep the injured joint (nearest the finger tip) straight, gently moving the finger at the knuckle and the joint nearest the knuckle is encouraged. The splint should be worn continuously, even at night. Treatment lasts for around 12 weeks in total.

It is important to keep the finger straight, when taking the splint off to wash. This can be done by placing the hand flat on a table, removing the splint and cleaning the finger. Replace the splint without bending the finger.

Wash the finger as little as possible to reduce the chance of the finger bending. Cleaning the finger twice a week should be sufficient.

Keep the finger and splint dry to avoid skin irritation and soreness developing.

The treatment length varies depending on the type of injury sustained. You will be advised on this by the practitioner. Normally an appointment will be booked to review the injury towards the end of the treatment.

After your review appointment you will have to use the splint for a further 4 to 6 weeks at night and whenever the finger might be at risk of injury. During this time gradually resume using the finger, gentle movement will help overcome joint stiffness and return the finger to normal function.

There may be redness, swelling and slight pain over the affected area for a few months afterwards. This will settle.

Most injuries heal without any problems however it may take several months to regain full function.

Even after treatment you may be left with a small bump or be unable to straighten the finger fully. Unfortunately this maybe permanent, but will not affect function of your finger.

Occasionally after 3 months treatment in a splint the tendon may completely fail to heal. If this happens and it is causing you difficulties please see you GP.

## Applying your splint

The splint needs to be secured with medical tape to stop it from slipping and to stop the joint nearest the fingernail bending. You can buy medical tape from a pharmacist.

If the splint becomes too tight or too loose please come back to have better sized splint fitted.



Mallet splints



Mallet splint fitted and secured with tape

Further healthcare information can be found at:

[www.patient.co.uk](http://www.patient.co.uk)  
[www.nhs.uk](http://www.nhs.uk)

For real time updates on East Kent MIU and A&E current waiting times please download the WaitLess app.



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Whitstable  
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CT5 3SE  
01227 284309

**Open 8am to 8pm every day**



**WHITSTABLE  
MEDICAL PRACTICE**

## Mallet finger injury

### Information for patients

[www.whitstablemedicalpractice.co.uk](http://www.whitstablemedicalpractice.co.uk)  
>Local services >Virtual fracture clinic