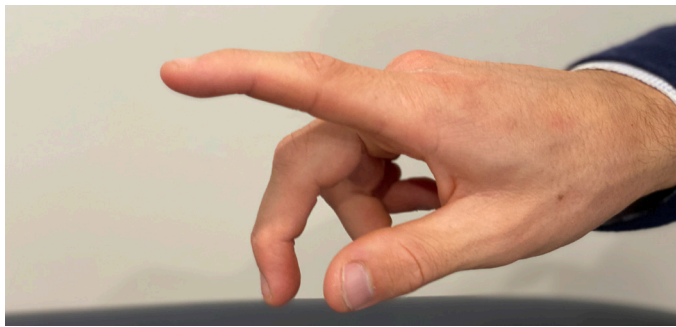


What is mallet finger?

Mallet finger is an injury to the extensor tendon situated over the top of the joint at the end of the finger. The torn, ruptured or snapped tendon is no longer able to straighten the tip joint, resulting in its characteristic bent appearance. Occasionally a fragment of bone where the tendon attaches is pulled off during injury.

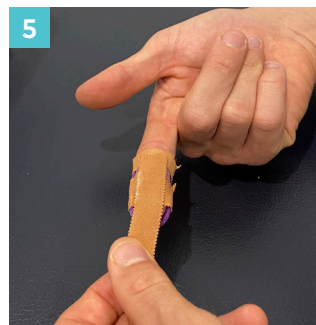
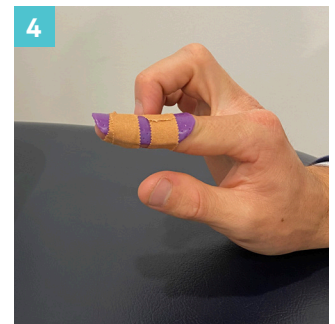
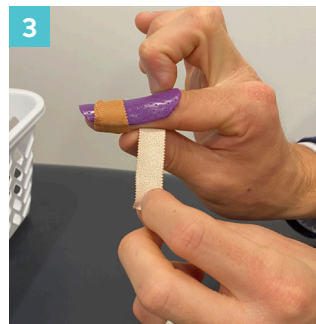
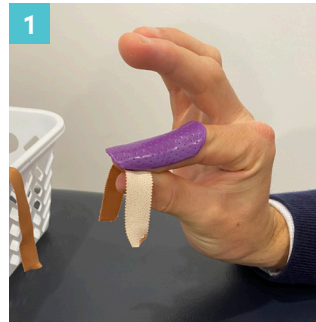


A damaged tendon will typically take 12 weeks to return to its normal strength. During this time, you should only perform the exercises or activities your hand therapist has advised. If you don't, you risk rupturing the repair and may have to start the splinting regime all over again.

Splinting

Your hand therapist will make you a custom-made splint. This should be worn 24 hours a day until otherwise instructed, typically for a period of 8 weeks. The splint may be removed to air the skin, but it's very important that you hold your finger tip straight as shown below.

Your hand therapist will instruct you on how best to maintain this position, and how to re-apply your splint. Step by step instructions are shown below.



Exercises

When you are wearing your splint, you won't be able to bend the tip of your finger. However, it's important that you keep the other joints moving.



If you have any concerns about your finger between your regular appointments, please don't hesitate to give us a call.

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