



MALLET FINGER

This condition is common and often caused by striking the tip of the finger hard against something solid. This causes a rupture of the tendon which straightens the tip of the finger.



The best way to treat these injuries is to splint the tip of the affected finger into extension for six to eight weeks. This brings the two ruptured ends together. In the weeks of healing, scar tissue forms and bonds the ends together.

A small splint will be applied to hold the tip of the finger in the correct position for healing. This needs to remain in situ at all times. The splint should be carefully removed whilst keeping the tip straight once per week. This weekly check is to ensure the skin under the splint is OK and also to ensure the splint is adequately maintaining the desired position. If the finger is allowed to drop whilst changing the splint, the scar will stretch out and is likely to result in a suboptimal result.

Only in a few instances is it necessary to repair these injuries with surgery. While the splint is on, you will not be able to bend the tip of the finger. It is important, however, that you keep the other joints moving and that you keep the splint DRY at all times. If the skin gets wet, it is likely to get macerated which will increase the risk of skin problems.



The splint is applied to the top of the finger, to minimise the impact on function. If you have any concerns, please call Active Physiotherapy on 9519-4913.