

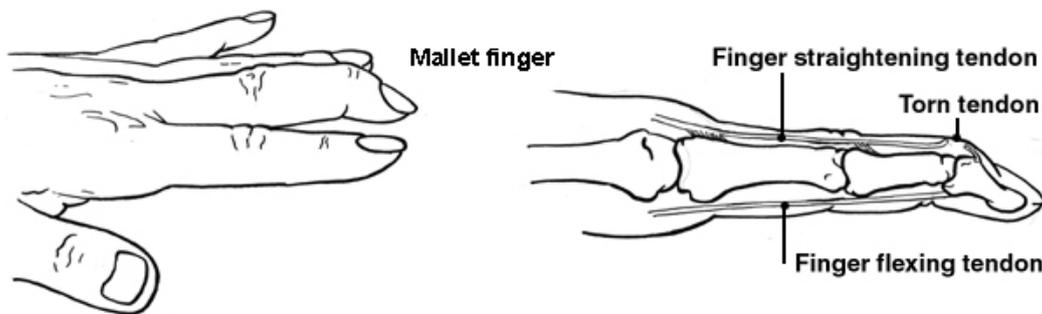
# Mallet Finger Injury

## What is a mallet finger injury?

A mallet finger injury is the result of an injury to the tendon that extends your fingertip. The injury causes the finger straightening tendon to tear or rupture where it attaches to the bone and results in the person being unable to straighten their fingertip. In some cases the tendon may also pull off a small piece of bone when it tears.

## What causes a mallet finger injury?

A mallet finger injury is usually caused by something hitting the tip of the finger hard and bending it, such as a ball. Mallet finger injuries are also sometimes called 'baseball finger'.



## Treatment in the Emergency Department

- A splint will be fitted that will position your finger while the tendon is healing which should take approximately six to eight weeks
- You will be referred to the hand clinic at the John Lindell Rehabilitation Unit (JLRU) for follow up to:
  - Regain movement of your finger
  - Regain the use of your hand in daily activities
  - Regain strength in your finger once the tendon and/or bone is healed.

## What to do if you have a mallet finger injury

DOs	DON'Ts
<ul style="list-style-type: none"> <li>• Wear your splint at all times (including showering and sleeping)</li> <li>• Move your fingers with your splint on as per instructions from your therapist:</li> <li>• Contact your therapist if:                             <hr/> <hr/> <hr/> <ul style="list-style-type: none"> <li>○ Your splint breaks or gets wet</li> <li>○ Your pain increases</li> <li>○ Your finger swells.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Don't get your finger wet (cover with a plastic bag when showering)</li> <li>• Don't attempt to adjust your splint. If you have a problem with your splint contact your therapist</li> <li>• Don't do any heavy lifting, gripping, pushing or heavy tool use</li> <li>• Don't play contact sports</li> </ul>

Contact the Physiotherapy department on 5454 8783 if you have any concerns.