

# Mallet Finger

## Mallet Finger

A mallet finger is an injury to the tendon that straightens the tip of your finger. It occurs when an impact from any hard object or surface forces the tip of the finger to bend. If a bone fragment is detached, it is called a 'bony mallet'.



With a mallet finger, you will notice that you will still be able to bend your finger, but you will not be able to straighten your fingertip. This deformity is known as an extensor lag. You might also experience pain and/or swelling at the tip of your finger.

## Management of Mallet Finger

Your finger will be kept in a splint and must be worn strictly at all times for 6-8 weeks. The splint is to restrict movement of the fingertip to allow the two ends of the tendon/bone to heal. Failing to maintain proper splint wear at any point of your wearing duration will result in an extended wearing duration of another 6-8 weeks!



## Recovery

Healing should take 6-8 weeks, however, please note that your finger might not be able to straighten the same as the way it was before your injury.

## Guide to Splint Wear

1. Apply light pressure to hyperextend the end of the finger joint.
2. With the support of the other hand, lift your injured finger with the finger still kept hyperextended.
3. Place your finger into the splint. DO NOT slide/drop your finger into the splint.
4. Secure your finger to the splint with a 1" micropore tape.



### Useful Tips

- Keep the finger joint hyperextended at all times.
- Prepare the micropore tape prior to splint removal.
- Ask for help if you are having a hard time applying the tape and splint.

Contributed by Occupational Therapy, Rehabilitation, Allied Health Services

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