

Mallet Finger Injury

Information for patients after full time splinting

This leaflet explains about returning to your everyday activities after your mallet finger injury. If you have any further questions, please speak to your hand therapist.

How is my tendon healing?

You have now reached the end of full time splint use following your mallet finger injury. Your tendon / bone is becoming stronger but it is not yet fully healed. It will take another six to eight weeks before it is strong enough to be used in heavy activities.

Most mallet finger injuries heal without any problems but it may take several months to regain full movement in your finger. You may notice some redness, swelling and mild pain over the joint after reducing the amount you wear your splint. This is normal and will gradually settle with time.

Longer term, you may also be left with a small bump on the back of the finger or may find that the finger does not completely straighten. This is a normal outcome for this type of injury and will not affect the function of your finger in the long term.

When should I wear my splint?

You will still need to continue to wear your splint intermittently over the coming weeks to protect your finger. Please see the information below which outlines when and how you should be wearing your splint:



How should I be using my hand day-to-day?

When you are not wearing your splint, you should begin to use your hand for light, clean activities. If you are lifting objects, they should weigh no more than one kilogram (two pounds).

Try to use your hand as normally as possible in day-to-day activities such as typing, writing, eating a meal or dressing (including zips, buttons and shoelaces). Make sure you are using all the fingers and not avoiding or favouring one finger.

Will I need to do any specific exercises?

Your therapist will advise you on specific exercises to help regain movement and use of your finger. Please ensure you only exercise and use your hand as your therapist has told you.



Additional instructions

- **Do not** use your other hand to push your affected finger into a bend as this could damage the tendon / bone further and delay healing
- Avoid repetitive activities with your affected finger
- Avoid any heavy lifting until advised to do so by your therapist.

Contact us

Treatment enquiries: 020 8725 1038 (answering machine only, please leave a message and someone will get back to you as soon as possible).

Appointment enquiries: 020 8725 0007.

Your therapist's name is _____

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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