

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.

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 or a bag of sugar).

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.

Place your finger on a firm surface with the tip joint over the edge of the surface.
Place your other hand over the middle joint of the affected finger.
Actively extend your tip joint, actively pushing up.

Hold for ____ seconds , ____ repetitions, ____ x day

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

If you have any questions regarding the information provided in this leaflet, please feel free to discuss them with your therapist at your next appointment.
For more urgent queries the team can be contacted on the **treatment enquiries** telephone number listed below.

Your therapist's name is: _____

Treatment enquiries: 020 8725 1038

Appointments: 020 8725 0007

Or scan
here



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 advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

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

NHS UK

The NHS 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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