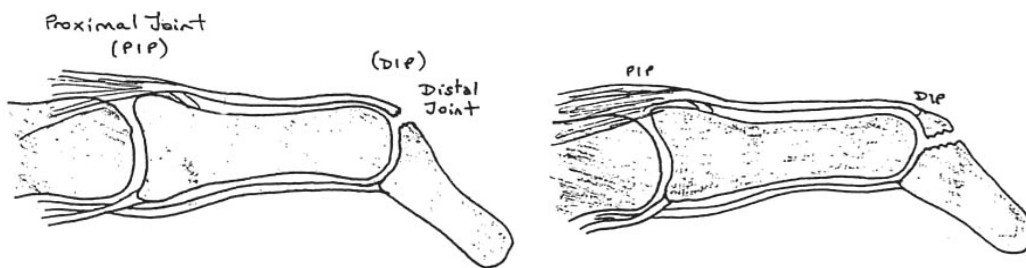


What is it?

This common injury is often caused by a force hitting the tip of the finger causing it to hyper- flex. This injury is frequently sustained during ball sports in particular football, basketball or netball. The force to the finger tip causes rupture of the tendon that straightens the tip of the finger. It may also include a small fracture.

Your finger will present with the tip bent down (like a “mallet”, hence the name) and you will be unable to straighten it, If this occurs you should contact your **Hand Therapist, immediate treatment is important for a full recovery.**

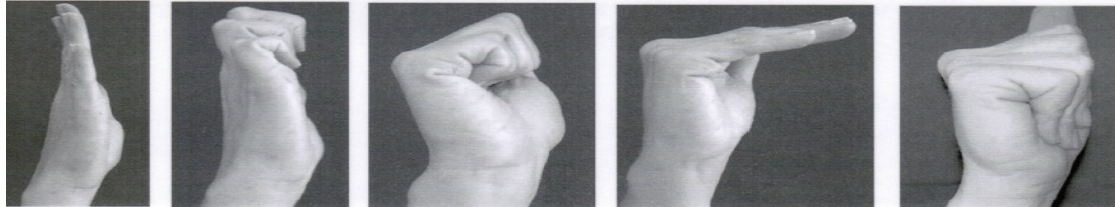


Management

A small **custom** thermoplastic finger splint will be made by your **Hand Therapist** to hold the tip of the finger in the correct position for healing for 6 weeks 24/7. This allows the tendon insertion that has pulled away from the bone to reattach. After 6 weeks the splint will be removed and therapy focuses on attempting to actively straighten the finger tip. Occasionally surgery is required to repair these injuries if the tendon causes avulsion of a large bone fragment.

EXERCISES

1. Tendon Gliding Exercises



Straight

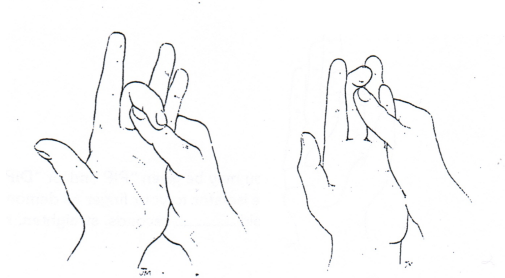
Hook

Full Fist

Table Top

Straight Fist

2. **GENTLE** Isolated Blocking Exercises



3. Assisted Straightening Exercises

4. **GENTLE** bending of finger, squeeze a rolled towel, or soft toy.

WEANING FROM EXTENSION SPLINT

Week 6-8

Each day leave splint off for 1 hour sessions 3 times a day during periods of relative inactivity.

Week 9-10

Spend 3 sessions per day with splint off for 2 hours, *for gentle activities only* or only wear splint for heavy activities involving gripping.

Week 11-12

Leave splint off all day

*If a 'droop' re-occurs in the tip resume wearing the splint 24/7 then start to wean from the splint again.

Avoid sustained gripping activities until WEEK 12

Continue to sleep with your splint on until WEEK 12

Place your injured hand flat on the table, place your uninjured hand behind the joint you have injured.

Lift your fingertips off the table, holding for 3 seconds.

Repeat x 10



Make a roof top position with your fingers, using your unaffected hand apply resistance across the top of your fingers and lift the finger tips upwards, holding for 3 seconds.

Repeat X 10



In a roof top position, place a business card or credit card in between each finger and squeeze for 3 seconds. Make sure that while you squeeze you are lifting the finger tips.

Repeat x 10

