

Mallet finger with bony injury

Hand 8

Fracture Care Team: Shared Care Plan

Eastbourne - 01323 414928

Conquest - 01424 757576

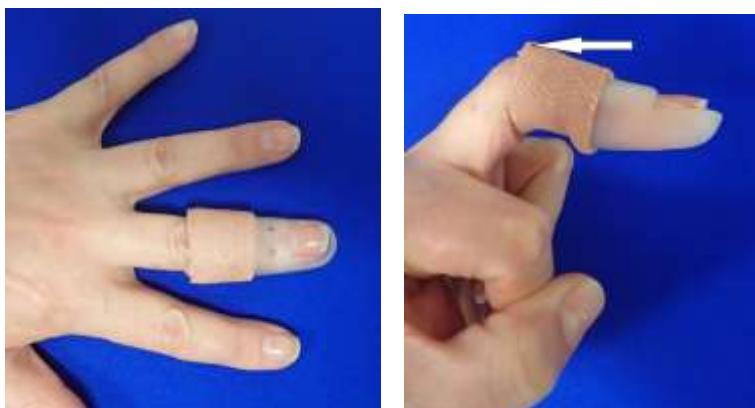
Email - esht.vfc@nhs.net

This information leaflet follows up your recent telephone conversation with the Fracture Care Team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Specialist.

You have sustained a mallet injury to your finger. This is an injury to the tendon that straightens the end joint of your finger. There is also a small break in the bone which is part of this tendon injury.

- Healing:** This normally takes approximately 8- 10 weeks to heal.
- Pain and swelling:** Take pain killers as prescribed.
- Using your hand:** Wear the splint all the time- see below for instruction on when to remove the splint. You may use the hand as pain allows. It is important to keep the rest of the finger bending to stop it becoming stiff. The plaster should stop before the 2nd finger joint (see below). If your splint does not fit snugly please contact us.
- Follow up:** To ensure you are progressing as expected you will be reviewed in fracture clinic in 6 weeks.

Mallet splint on finger:



If you are worried that you are unable to follow this rehabilitation plan,

Or if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

Or have any questions, then please phone the Fracture Care Team on the details provided above for advice.

Please follow the Management / Rehabilitation plan outlined below -

Weeks since injury	Plan
0-6	<ul style="list-style-type: none">✓ You will be in a mallet splint✓ Remove the splint once a day to wash and air the splint- keep your finger straight on a table when you do this. (see instructions below)✗ Do not bend the end of your finger✓ Move your other fingers often.
6 -8	<ul style="list-style-type: none">✓ Use the splint at night only.✓ Start gently moving the end joint of the finger.✗ Do not include that finger in any heavy lifting.
8 -10	<ul style="list-style-type: none">✓ The injury has healed.✓ Stop using the splint.✓ You can begin to resume normal activity but be guided by any pain you are experiencing.✓ Carry out day to day activities.✗ Do not force the finger to bend.✗ If the fingertip droops down then please contact the Fracture Care team for advice.
12	<ul style="list-style-type: none">✗ If you are still experiencing significant pain and swelling then please contact the Fracture Care Team for advice.

Exercises -

Do these exercises with the splint on:



Bend and straighten your finger below the level of the splint (the end of the finger must stay straight in the splint)

Removing the splint to wash your finger -

If you remove the splint to wash or air the finger you must keep the joint straight like this.
DO NOT LET THE END OF YOUR FINGER BEND.



Taking the splint off:



Putting the splint back on:



Keep the tip of the finger straight at all times when putting on the splint

Smoking cessation

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure optimal recovery from this injury.

For advice on smoking cessation and local support available, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

Sources of information

This information leaflet has been developed by the Fracture Care Team at Brighton and Sussex University Hospitals Fracture Care Team and adapted for use at East Sussex Healthcare NHS Trust.

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: (01323) 417400 Ext: 5860 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: (01424) 755255 Ext: 2620

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

Thank you to the Brighton and Sussex University Hospitals NHS Trust

The following clinicians have been consulted and agreed this patient information:

Mr Guy Selmon – Consultant Orthopaedic Surgeon

Mr Andrew Skyrme – Consultant Orthopaedic Surgeon

Mrs Scarlett McNally - Consultant Orthopaedic Surgeon

Mrs Miranda Champion - Consultant Orthopaedic Surgeon

Helen Harper-Smith – Professional Lead Physiotherapist

Hilary Kircher – Clinical / Operational Lead Outpatient Physiotherapist

The Clinical Specialty/Unit that have agreed this patient information leaflet:

Department of Trauma and Orthopaedics

Next review date: April 2020

Responsible clinician/author: Helen Harper-Smith / Kate Weatherly – Specialist Orthopaedic Physiotherapist