

Virtual Fracture Clinic
Orthopaedic Department
York Teaching Hospital

This is a follow-up letter to your recent telephone consultation 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 Physiotherapist.

You have sustained a mallet injury to your finger. This is an injury to the tendon that straightens the end joint of your finger.

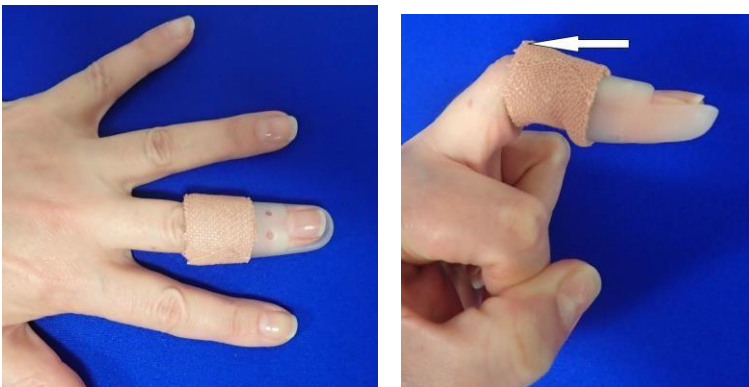
Healing: This normally takes approximately 10- 12 weeks to heal.

Pain and swelling: Take pain killers as needed.

Using your hand: **Wear the splint all the time, if you do not wear the splint all the time the injury may not heal in the right position-** 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 hand clinic in 1-2 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 for advice.

York Virtual Fracture Clinic Contact details:

Phone: 01904 726575

Scarborough Trauma Assessment and Treatment Unit (TATU):

Phone: 01723 342021 / 07385 463781

Email: virtualfractclinic@york.nhs.uk

Please follow the plan:

| Weeks since injury | Plan |
|---------------------------|---|
| 0-8 | <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- you must keep your finger straight on a table when you do this. ✗ Do not bend the end of your finger ✓ Move your other fingers often. ✓ Hand clinic review in 1-2 weeks |
| 8- 10 | <ul style="list-style-type: none"> ✓ Use the splint at night only, unless your therapist advises otherwise. ✓ Start moving the end joint of the finger with your other hand. ✗ Do not include that finger in any heavy lifting. ✗ Do not do lots of repeated gripping. |
| 10 -12 | <ul style="list-style-type: none"> ✓ The injury has healed. ✓ Stop using the splint (you may wish to use it if you are in a busy area) ✓ 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- re-apply the splint. |
| 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. |

Advice for a new injury

Cold packs:

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief.

Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

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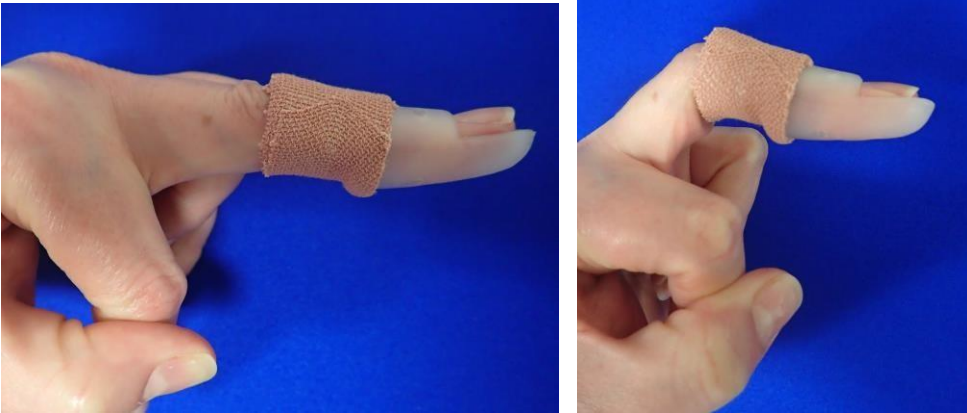
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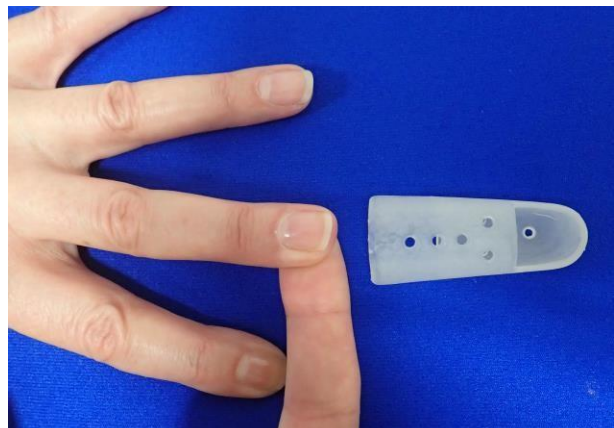
Exercises:

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)

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



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Taking the splint off:



Putting the splint back on:



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

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