

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 thumb. 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 2<sup>nd</sup> joint. If your splint does not fit snugly please contact us.  
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- Follow up:** To ensure you are progressing as expected you will be reviewed in hand clinic in 2 weeks.

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 342021/07385463781

**Email:**virtualfractclinic@york.nhs.uk

Please follow the plan:

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

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