

## Disclaimer

The above detail as provided by Blackrock Clinic is not intended to replace the attention or advice of a physician or other health care professional. Blackrock Clinic strives to ensure that the detail on this advice sheet is as accurate as possible, but does not accept responsibility or liability for any inaccuracies. If you have any queries or questions they should be raised with your care provider.

FRESH  
2010  
PERSPECTIVES



Blackrock Clinic

EMERGENCY DEPARTMENT

*Mallet Splint  
Advice*



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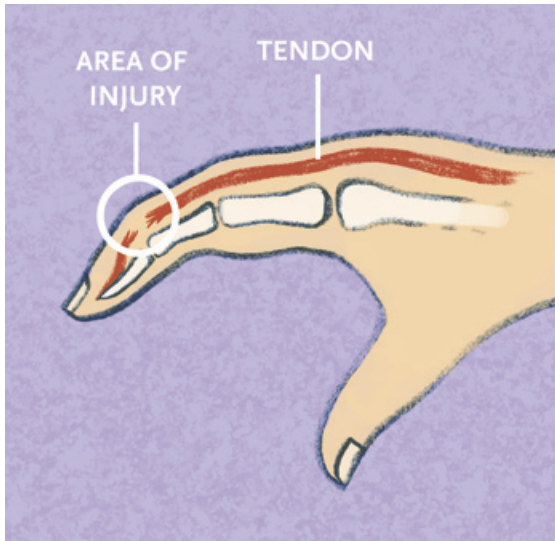
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## Mallet Finger

*A mallet finger is where the end of the finger is bent (flexed) towards the palm and cannot be straightened.*



*The injury tears the tendon that straightens the end of the finger.*

## Mallet Splint

The aim of the splint is to keep your fingertip (i.e the joint nearest the nail) on your damaged finger straight at all times.

Mallet splints should be worn at all times including showering. When removing the wet splint your hand must be placed on a level surface (e.g a table) so as to keep your injured finger straight



In order to allow the tendon/bone to heal your injured fingertip must be splinted continuously for at least six weeks.

**NOTE : If the fingertip is bent even once during this period the tendon MAY NOT heal.**

## Precautions

**N.B If prior to your out-patient follow-up appointment you experience any of the following, please contact the Emergency or Physiotherapy Department**

- **Excessive pain, swelling or stiffness**
- **Red marks on skin**
- **Numbness or pins and needles**
- **Skin irritation**
- **Damaged splint**