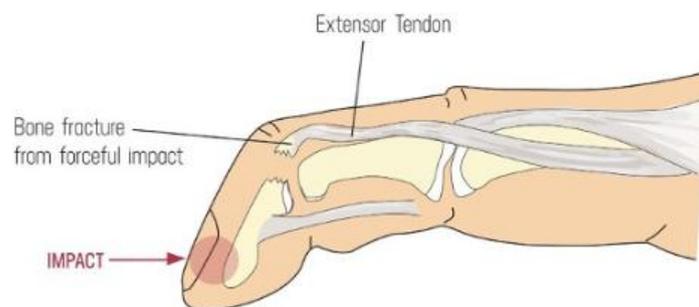


Mallet Finger



What is mallet finger?

Mallet finger is an injury to the tip of a finger that causes it to droop and prevents you from fully straightening it. It happens when the tendon that straightens the fingertip is damaged, often due to a sudden force to the finger.

How does mallet finger occur?

Mallet finger commonly happens when:

- A ball strikes the tip of the finger during sports
- The fingertip is forcefully bent
- There is a minor injury that damages the tendon

Sometimes a small piece of bone can be pulled away with the tendon (called an avulsion fracture).

Common symptoms

- Drooping of the fingertip

- Inability to straighten the fingertip actively
- Pain, swelling, or bruising around the fingertip
- Tenderness at the end joint of the finger

How is mallet finger diagnosed?

Diagnosis is usually made through a physical examination. An X-ray may be arranged to check for a small fracture or joint alignment.

Treatment

Most mallet finger injuries heal well without surgery.

Splinting (main treatment)

- A splint is worn to keep the fingertip fully straight
- The splint must be worn **continuously** (day and night)
- Typical splinting time is **6–8 weeks**, sometimes longer
- It is very important not to let the fingertip bend during this time, as this can delay healing

Your healthcare professional will show you how to remove and clean the splint safely while keeping the finger straight.

Pain relief

- Paracetamol can be used for pain relief
- Ice packs may help reduce swelling (10–15 minutes)

Exercises

- Exercises are started only after the splinting period, as advised by your physiotherapist or healthcare professional
- Gentle movement helps restore strength and flexibility

Surgery (rare)

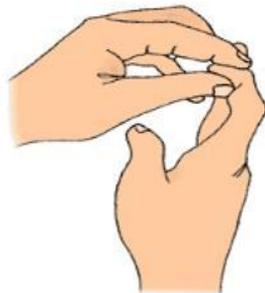
Surgery is only considered if there is a large fracture, joint misalignment, or if splinting is unsuccessful.

Caring for your splint and skin

- Keep the finger clean and dry
- Check the skin daily for redness or sores
- Contact your healthcare professional if the skin becomes sore or broken

Rehab Exercises

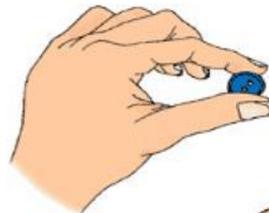
Mallet Finger (Baseball Finger) Exercises



Passive range of motion



Fist making



Object pick-up



Finger extension



Grip strengthening

What can I do during recovery?

- Wear the splint exactly as advised
- Avoid sports or activities that risk bending the finger
- Protect the finger during daily tasks

When should I seek urgent advice?

Contact your GP or healthcare professional if:

- The splint breaks or no longer fits properly
- The fingertip bends accidentally
- Pain or swelling significantly increases
- There are signs of infection (redness, warmth, discharge)

Outlook

With proper splinting and good compliance, most people recover well. Some mild drooping or stiffness may remain but usually does not affect function.
