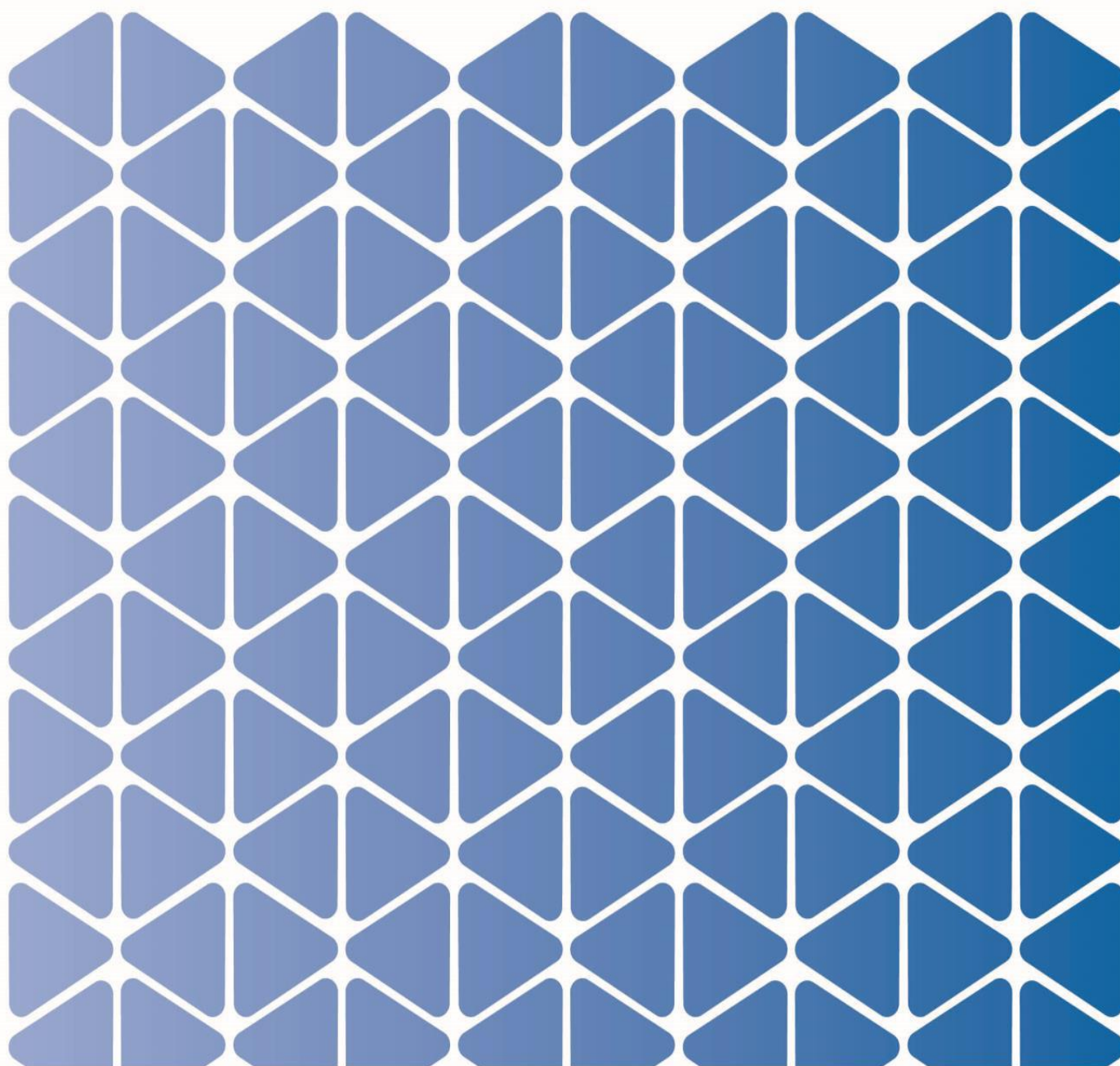


PATIENT INFORMATION

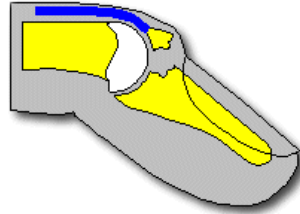
Occupational Therapy & Physiotherapy

Mallet Finger Injury

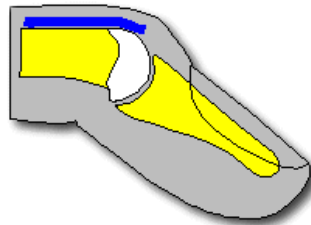
ADVICE FOR PARENTS

You have damaged the tendon that runs down the back of your hand and that enables your finger to straighten at the end joint. In a mallet injury, this can be done in one of two ways:

Avulsion Fracture: the tendon has pulled away from the end bone of your finger taking a fragment of bone with it and requires at least 6 weeks of splinting



Soft Tissue: the tendon has ruptured and requires at least 8 weeks of splinting



Splinting;

Following your injury a splint will be fitted. This will immobilise the injured joint and keep the end of the finger in an extended position allowing it to repair. The splint must be worn at all times for the period as specified above.

Avoid power grip and heavy lifting as this may put healing at risk.

Ensure you keep the middle joint of your finger mobile to avoid stiffness.

Hand Hygiene

Daily skin care is important. To clean your injured finger, place your hand on a firm surface, keeping your digit supported at all times. Remove the splint and wipe the finger down with wipes. Check your skin for pressure areas that maybe caused by the splint. Reapply the splint when your skin is dry. The tip of the finger must not be allowed to bend or be unsupported at any time during the process.

Hand Therapy

You will be reviewed 6-8 weeks after splint application by a member of the hand therapy team.

Please contact the hand therapy team prior to this if there is:

- Damage to your splint
- Ill fitting splint (too tight or too loose)
- Poor appearance of the skin eg red shiny, swollen skin
- Increasing pain in your finger

Contact details for the Hand therapy admin team: 01905 760683.

After completing a period of splinting you will be advised to wear the splint for a further 2 weeks at night time and during vulnerable times such as being in crowded places. You may be advised to wear the splint continuously for an additional 2 weeks if the extension in the tip of your finger appears weak.

You should continue to avoid power grip and heavy activities/ high impact sports for another 6 weeks post splint removal.

Upon splint removal your finger may be stiff due to the immobilisation. Below are some exercises to help you regain the movement. If the skin over the end joint of the finger feels tight, we recommend massaging the skin for 5-10 minutes before doing these exercises. Complete 5-10 repetitions at a time, 3-4 times per day.

1. Hold the middle joint of your finger, bend and straighten the tip joint of your finger



2. Support the base of your finger, bend and straighten the middle joint of your finger, making sure the knuckle at the base of the finger remains still.



CONSENT TO TREATMENT

Following assessment, your therapist will discuss treatment options with you explaining the benefits and any risks (if any).

Your therapist will ask for your verbal consent before commencing assessment and treatment and in certain situations, you may be asked for written consent.

Information about you is recorded and used to support planning, delivery and monitoring of your care. This information, typically anonymised, may also be used to support NHS planning, teaching and research.

**Produced by the Occupational Therapy & Physiotherapy Departments at
Worcestershire Acute Hospitals NHS Trust.**

USEFUL CONTACT NUMBERS

Worcestershire Royal Hospital

Occupational Therapy 01905 760683

Physiotherapy 01905 760622

Alexandra Hospital, Redditch

Occupational Therapy 01527 512146

Physiotherapy 01527 512114

Kidderminster Hospital

Physiotherapy 01562 823424

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.