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MALLET FINGER HOME INSTRUCTIONS

What is a Mallet Finger?

You have torn the tendon that keeps the tip of your finger straight. The finger must be supported **AT ALL TIMES** for the next 6-8 weeks or it will not heal properly. You must **NEVER** bend the tip of your finger or let it droop when out of the splint for the 6-8 week period. After the tendon heals, you may be wearing the splint at night only.

Follow these specific instructions to promote tendon healing and prevent complications such as the “Dreaded Droop”.

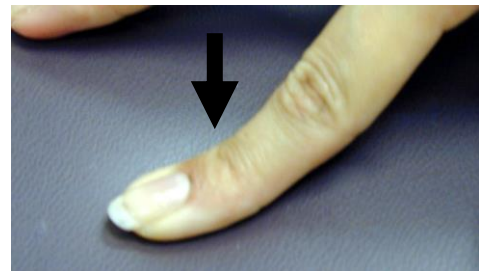
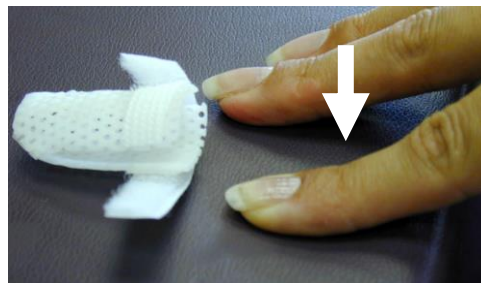
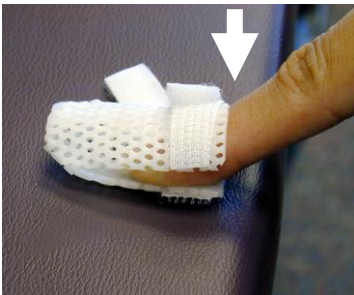
General Care: Wear the splint at all times, except during skin care and splint changes.

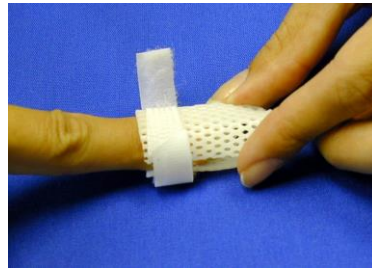
Skin Care: The skin under the splint can become soft, wrinkled and thin, especially if your skin is wet under the splint. You must wash the tip of your finger and the splint once a day.

1. Place a wet cloth on the counter before you remove your splint. Moisten a second cloth with alcohol.
2. When you remove your splint, you must keep your finger supported on the tabletop. Carefully remove splint without allowing your fingertip to droop.
3. Gently clean all sides of your finger using the wet cloth. Support the tip of your finger with your other hand to wash the pad of your finger. Clean the splint with the alcohol cloth while keeping your fingertip flat on the countertop.
4. Keep your finger to the tabletop and allow the skin to dry and breathe for about 5 minutes.
5. Slip the splint back on your finger, making sure the tip does not bend.

Your skin must be dry under the splint. If your finger gets wet during the day, you must remove the splint as described above and dry your skin and splint. One of the most common complications of this treatment is an open wound under the splint. Avoid this problem by taking proper care of your skin. We make a therapy appointment in one week to check on your progress.

You may place soft tape/coban over top of the splint to ensure it will not slide off your finger accidentally.





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Exercises:

1. Elevate your hand above your heart if your finger throbs and the splint feels too tight.
2. Avoid heavy gripping work if possible.



1. Support your finger and hold your wrist straight
2. Bend only the middle knuckle. Bend 5 times, hold for 3 seconds.
3. Perform these exercises 5 times a day.

1. Bend only the back knuckle
2. Bend 5 times, hold for 3 seconds.
3. Perform these exercises 5 times a day.

I understand the instructions for my mallet finger

Patient Name

Date