

MALLET FINGER INJURIES

Symptoms

- Tip of finger sits bent, unable to straighten
- Swelling or bruising
- Pain over the joint

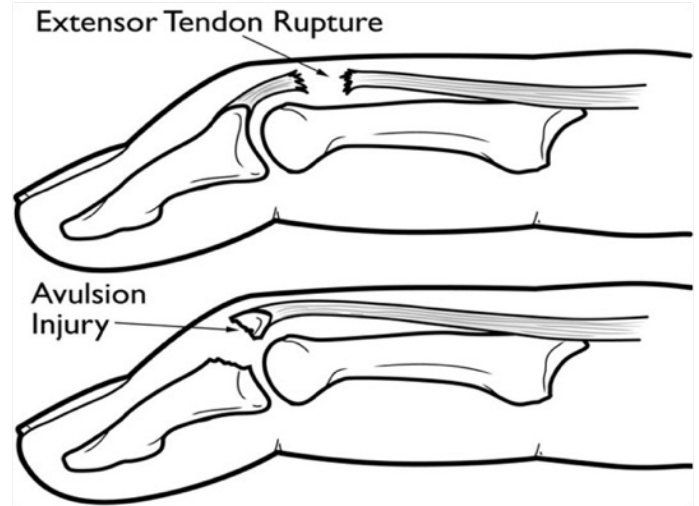
Anatomy/Cause

Mallet Finger refers to an injury to the tendon responsible for straightening the fingertip. While some cases involve only tendon being damaged, others occur when the tendon pulls away a fragment of bone (avulsion injury). This injury typically occurs from forceful bending of the finger, often associated with activities like making beds, pulling on socks, or engaging in ball sports

Treatment

At Hand Works, we can assess your injury and determine the best treatment and therapy going forward. Your therapist may:

- Provide a custom-made waterproof finger splint that will immobilise the tip of the finger straight to allow the tendon to heal, typically worn full time for 6-8 weeks.
- Guide you through when/how to wean from your splint
- When appropriate, commence gentle strengthening exercises and stretches to increase finger range of movement and regain function.



Referral

Date: ____/____/____

Patient Name: _____

D.O.B: ____/____/____

Patient Mobile: _____

Therapy Requested:

Medical Centre: _____

Provider Number: _____

LOCATIONS

MURDOCH

Suite 16, Level 1
Wexford Medical Centre
3 Barry Marshall Parade

WEST PERTH

Level 1, 1 Havelock Street

SOUTH PERTH

Suite 6, 77 South Terrace

DUNCRAIG

3/64 Arnisdale Road

MT LAWLEY

61 Walcott Street

MANDURAH

271 Pinjarra Road

ROCKINGHAM

24 Pedlar Circuit