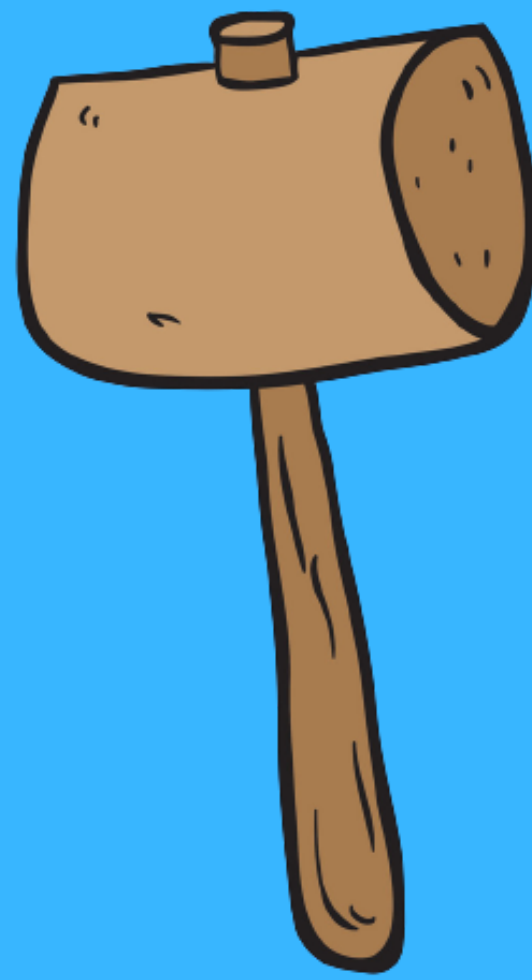


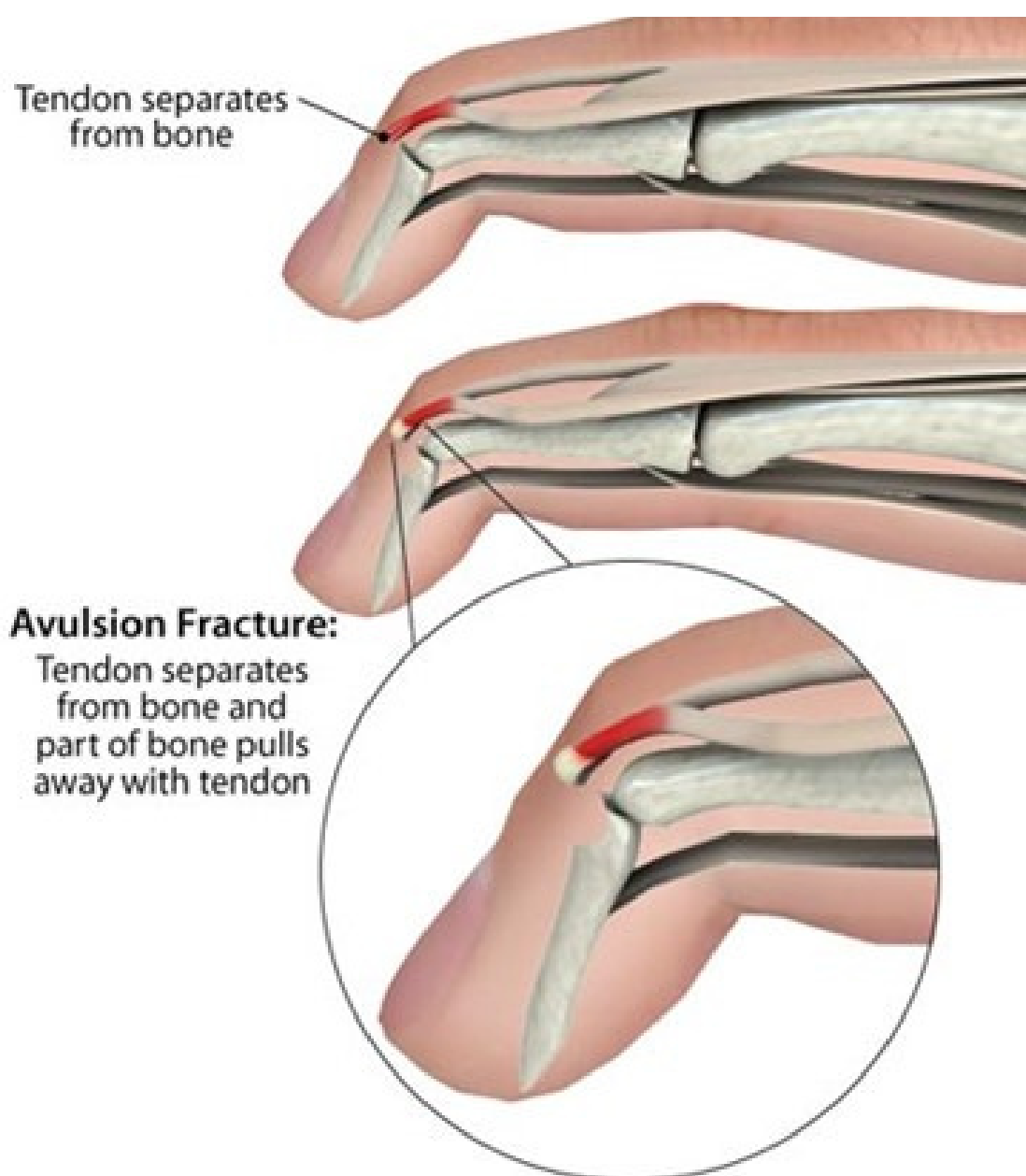
Mallet Finger!



What is it?

- Injury at the Distal Interphalangeal (DIP) joint caused by blunt force trauma
- Finger will be flexed towards the palm and the patient will be unable to extend it due to the terminal extensor tendon being torn, stretched or avulsed
- Loss of movement, pain and swelling are typical presentations

What does it look like?



What investigations should be requested?

- AP and lateral x-rays of the affected finger



How is it treated?

- Patient will typically need to wear a splint for 6-8 weeks
- Splint should promote slight hyperextension
- If the splint is removed, the patient must ensure they do not bend the finger

Prognosis?

- Does not typically cause long term issues if treated
- A residual, minor extension lag (5-10 degrees) may occur in some patients

References

1. Orthopaedic Associates of Lancaster, 2020. Mallet Finger Injury – Baseball finger (online) Available at: <https://www.fixbones.com/OrthopedicVideos/tabid/13617/ctl/View/mid/28683/Default?ContentPubID=95>
2. Morrison, W., 2018. How to treat mallet finger (online) Available at: <https://www.healthline.com/health/mallet-finger>
3. British Medical Journal, 2020. Mallet Finger (online) Available at: <https://bestpractice-bmj-com.knowledge.idm.oclc.org/topics/en-gb/583/differentials>
4. Meals, R., 2020. Mallet Finger (online) Available at: <https://emedicine.medscape.com/article/1242305-workup>