

Hand therapy department

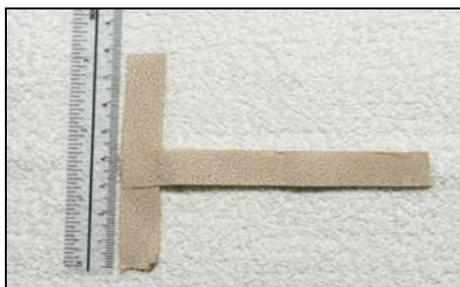
Mallet finger splint change

Information for patients, relatives and carers

The leaflet explains how to change your splint and keep a straight finger.

Preparation:

1. Form a 'T strap' from Leukoplast® tape using two strips of tape. One strip of tape should be 8 centimetres (cm) and the other strip 12 cm. The sticky side should face up (see the picture below)



2. Cut three additional strips of tape between 6 and 8 cm. Place on the table.

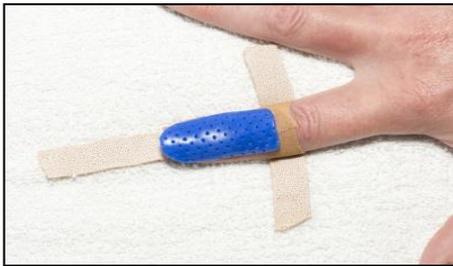
Removing your splint

At all times, keep the tip of your injured finger on a flat surface and in a **supported, straight position**.

1. Place your hand on a dry towel. Use small scissors to cut the tape and remove your splint.
2. Keeping the tip of your finger in a supported, straight position, clean your finger with a wet-wipe or flannel. Dry with a towel.

Secure the splint onto dry skin:

1. Use your opposite hand to keep the tip of your injured finger straight/supported. Lift your injured finger onto the T strap. The sticky side should be against your skin.
2. Use your opposite hand to place the splint over the nail side of your finger. It should come just to the end of the fingernail (see the next page).



3. Just below the level of the middle joint of your finger, use your opposite hand to wrap the T strap tape to the top of the splint and around your finger. The tape should be secured on top of the splint.
4. Use your opposite hand to place the long strap lengthwise from underneath the palm side of your finger onto the top of the splint. Lift your finger tip up to the splint. This should be firm but not too tight. Secure the tape in place (see below).



Complete the taping process:

1. Get the extra strips of prepared tape ready. Secure one piece of tape lengthwise from underneath. Take it over the end of your finger. Make it level with the base of your fingernail, and secure on top.
2. Secure another strip of tape around your finger, from underneath. This should be just below the level of the middle joint.
3. Secure the final strip around the end of your finger, level with your fingernail (see below).
4. If the tip of your finger changes colour (for example, goes white or purple), the tape may be too tight. If so, remove it and reapply it, but not as tight.



Exercises

It is important to move the other joints of your injured finger as normal to avoid your joints becoming stiff.

1. Isolate the middle joint of your affected finger. Slowly bend it. Hold and relax (see below).
2. Bend your finger to the palm to form a flat fist. Hold and relax (see below).
3. Perform these exercises _____ repetitions _____ a day



Additional information

1. Once a week, repeat the process. Remove the splint. Clean the skin on your injured finger. Put the splint back on with new tape.
2. It is important to keep your splinted finger dry all the time. If your injured finger gets wet, the tape and splint make it difficult for your skin underneath to dry. A damp or wet environment is not healthy for your skin. So, you have to be careful when washing your hands and having a bath or shower. You can put a plastic bag or a rubber glove over your splinted finger to keep it dry in the shower.
3. If your splinted finger does get wet, follow the steps above. Remove the splint. Remember to keep your finger in a straight position, on a flat surface. Clean the skin. Dry it with a towel. Reapply the splint with new tape.
4. If your splint comes off your finger by accident, tape it back on straight away. Tell your therapist what happened at your next appointment. Also tell them if the tip of your injured finger bends at any time.

Useful contact details:

To reschedule an appointment:

- 1) Phone: 020 3311 0333
Option 1: If your appointment is on the same day.
Option 2: If your appointment is another date in the future.
- 2) Email: appointments@imperial.nhs.uk

To contact a therapist: imperial.handtherapyimperial@nhs.net.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk