

# Mallet Finger (Long Extensor Tendon)

## What is it?

Sudden and forceful downward motion of finger, tearing the extensor tendon

## What causes it?

Direct blow to fingertip

## Symptoms

Pain, swelling, bruising. Restricted movement. Drooping fingertip.

## Top Tips

Immobilise and ice as soon as possible

## How to Treat it

RICER for 48 hours. Apply heat from 48 hours onwards. Immobilise using splint.



## Rehab

Slow healing process over several months potentially. Continued use of splint.

## Definitions

**Extensor Tendon** – located on back of hand and fingers and attaches into forearm. Allows the straightening of the fingers and thumb.

**RICER** – Rest, ice, compress, elevate, refer

## Associated Conditions

- Thumb Sprain or Skier's Thumb (Ulnar Collateral Ligament)
- Finger Sprain
- Hand/Finger Tendinitis

## Get Help Now

### Products

Purchase sports injury products from Physique - [thumb splint](#), [finger splint](#), [tape](#), [ice packs](#), [heat packs](#)

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### Services

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com