

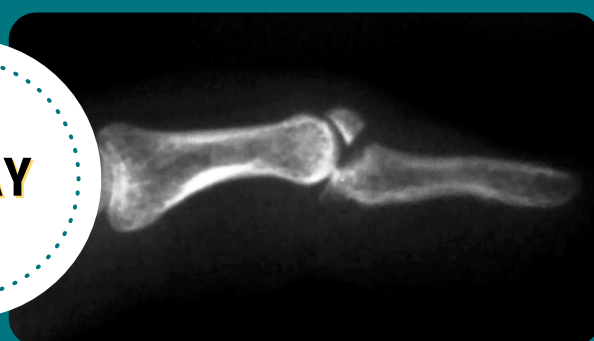


MALLET FINGER: DEFINING THE TYPES

Defining the two types of Mallet Finger injuries determines the treatment approach.

TENDINOUS MALLET

BONY MALLET



X-RAY

- Older population
- Greater lag

PRESENTATION

- Younger population
- Less lag

- Hyperflexion:
Fracture with intact tendon

INJURY

- Hyperextension:
Fracture with intact tendon

- Minimal

PAIN

- Painful

- Slight hyperextension for 6-8 weeks

TREATMENT

- Neutral slight flexion for 4-6 weeks

Comparing the physical characteristics of the closed bony mallet finger versus tendinous mallet finger challenges us to think more critically about mallet finger treatment. Consider that all mallet finger injuries are not created equally and therefore should not be treated the same.