

Education

Mallet Finger (Baseball Finger) Rehabilitation Exercises

You may do all of these exercises right away.

- Passive range of motion: Gently assist the injured joint by helping to bend it with your other hand. Gently try to straighten out the injured joint with your other hand. Repeat slowly, holding for 5 seconds at the end of each motion. Do this 10 times. Do these exercises 3 to 5 times per day.
- Fist making: Make your hand into a fist. If the injured finger will not bend into the fist, assist it with your uninjured hand and try to help it bend into the fist. Hold this position for 5 to 10 seconds. Repeat 10 times.
- Object pick-up: Practice picking up small objects such as coins, marbles, pins, or buttons with the injured finger and the thumb.
- Finger extension: With your palm flat on a table and your fingers straight out, lift each finger straight up one at a time. Hold your finger up for 5 seconds then and put it down. Continue until you have done all 5 fingers. Repeat 10 times.
- Grip strengthening: Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10.

Sports Medicine Advisor 2006.4; Copyright © 2006 McKesson Corporation and/or one of its subsidiaries. All Rights Reserved. Written by Tammy White, MS, PT, and Phyllis Clapis, PT, DHSc, OCS, for McKesson Provider Technologies. This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.

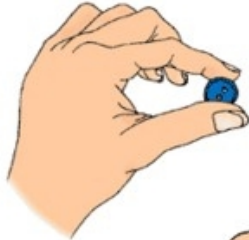
Mallet Finger (Baseball Finger) Exercises



Passive range of motion



Fist making



Object pick-up



Finger extension



Grip strengthening