

**Poster Abstract: P3**

**Title:**

**A pilot study on the use of elastic taping in the conservative management of mallet finger injuries**

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**Aim:**

To establish the effectiveness of elastic taping in the form of the kinesiotaping method as part of the management protocol of mallet finger injuries.

**Objectives:**

•To determine if elastic taping ensures no extensor tendon lag when thermoplastic splint is removed for self care.

•To determine if elastic taping in combination with a thermoplastic splint is a more effective method to treat mallet finger injuries than a thermoplastic splint on its own.

**Methods:**

A pilot study was conducted on a small group of patients (18), all of whom underwent mallet finger management that differs significantly from the treatment protocol detailed in published literature.The protocol makes use of elastic taping to limit the range of motion of the injured DIP joint and extend the joint using elastic tension.Indications for the implementation of this treatment protocol will be discussed in detail.

**Results:**

Results indicate excellent range of motion recovery in patients who were compliant with the elastic tape regimen, and a shorter treatment programme being necessary.

**Conclusion:**

The use of elastic taping in the conservative management of simple closed mallet finger injuries aids in a quicker recovery of active movement and function, with no compromise on final clinical outcome.This treatment regime will be contrasted with more traditional regimens for the mallet injury.