Tuft Fracture

You have an injury to the finger known as a tuft fracture. In this injury, the tip of your finger (distal phalanx) is broken. This injury is painful.

- Ice, rest, raise the finger above your heart, and take your pain medication as needed.

- The fracture is stabilized by your fingernail. A splint can also help. A good splint is a Stax splint. This should be worn for 2-3 weeks to decrease the pain. Make sure the skin and splint are dry after bathing to avoid skin problems.

- Expect to be out of school/work for a couple of days following the injury. A week from the injury, you can begin full activity with the splint in place as pain allows. A couple of weeks later, you can begin full activity without the splint.