

Double Displaced Bony Mallet Fractures of Two Adjacent Fingers in a Single Trauma Following Flag Football: A Case Report using Hook Plate

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INTRODUCTION:

Flag football is a modified version of tackle football with a lower injury rate. However, this case report describes the first documented instance of displaced mallet fractures associated with flag football. While rare, sustaining such fractures in two adjacent fingers from a single event highlights the potential for flag football to cause injuries in certain situations.

REPORT:

A 33-year-old woman presented with pain and deformity of the left middle and ring fingers after a fall while catching a ball during a flag football game. Examination revealed swelling, tenderness, and inability to extend the fingers at the distal interphalangeal joints. Radiographs showed displaced bony avulsion fractures of both middle and ring fingers. Due to the displacement and potential for compromised healing with conservative management, the patient opted for surgery.

Surgery was performed ten days post-injury under general anesthesia. An H-shaped incision was made on the dorsal aspect of the fingers to access the fracture sites. The extensor tendon was identified and separated from the fracture site. The fracture site was then cleaned, and the avulsed fragment was repositioned and fixated with small hook plates. A splint was applied to immobilize the fingers for two weeks, followed by range of motion exercises.

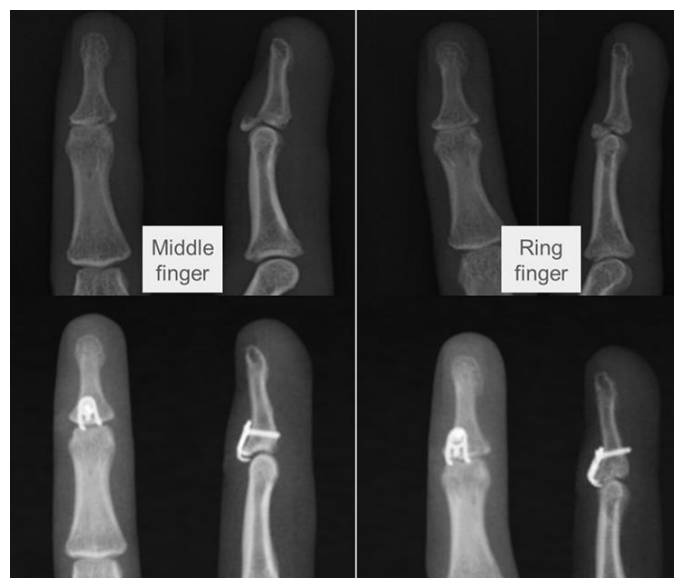


Figure 1: Preoperative and postoperative radiographs of the patient's left middle (right) and ring (left) in a posteroanterior and lateral

CONCLUSION:

This case report details the first reported double displaced bony mallet fractures following flag football. Open reduction and internal fixation using hook plates achieved good functional outcomes,

REFERENCES:

1. Kaplan, Y., Myklebust, G., Nyska, M., Palmanovich, E., Victor, J., & Witvrouw, E. (2013). The epidemiology of injuries in contact flag football. *Clinical journal of sport medicine : official journal of the Canadian Academy of Sport Medicine*, 23(1), 39–44. <https://doi.org/10.1097/JSM.0b013e3182694870>