



NEW ENGLAND HAND ASSOCIATES HAND THERAPY DEPARTMENT

Mallet Finger Injuries

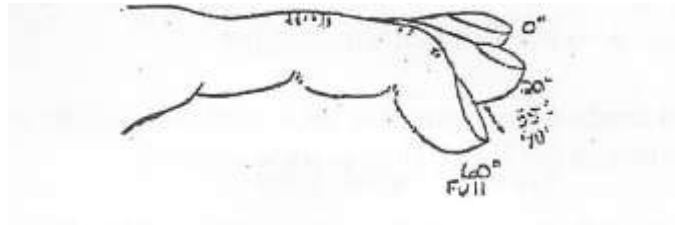
- You have been made a custom splint to keep the tip of your finger from drooping down. It is important that this splint fits you well through your 6-10 week immobilization period.
- If the splint needs adjustment, it is important you call the office and arrange for one of the Hand Therapists to adjust it.
- The splint should allow for full bending of the middle joint of your finger, and should not cause increased pain or throbbing.
- You must wear the splint **ALL THE TIME!**
- Your skin should be checked every few days. When the splint is removed, it is **VERY IMPORTANT** that you keep the finger tip in full extension either with your thumb or support it on the table. It must never accidentally bend down. You will have a better result if you don't take the splint off often.
- The skin may look pink/red or shiny. This is normal, as long as it is not associated with pain, development of sores, or skin breakdown.

Splint Weaning Program After 6-10 weeks of Immobilization

(once MD has given you the OK to start bending)

WEEK 1

- Remove the splint every 2 hours during the day to perform gentle fisting exercise, 20 repetitions. The tip should only bend about 20° AND should be able to straighten all the way.



- Wear the splint in between exercise and at night.

****If the tip does not straighten then you should go back to wearing the splint full time for 1-2 weeks and then start the program for Week 1 again.***

WEEK 3

- Remove the splint every 2 hours for 2 hours and perform exercises and light to moderate activity.
- Monitor the top joint's ability to straighten. Reapply the splint for a week if an increase of drooping is noted.
- Continue with night splinting.
- OK to remove for showering but avoid forceful gripping.

WEEK 4

- Gradually increase the out of splint time and activity as tolerated by pain. Continue nighttime splinting until your doctor says it is OK to stop wearing it.

WEEK 7

- It is OK to use your other hand to help bend the tip at this point.