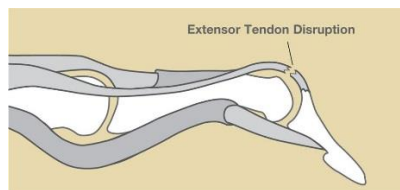


MALLET FINGER

What is a mallet finger: A mallet finger is a deformity of the finger caused when the tendon that straightens your finger (the extensor tendon) is damaged.

Phase I: 6-8 weeks of continuous splinting

The majority of mallet finger injuries can be treated without surgery. The goal is to keep the fingertip straight until the tendon heals. This will be done by wearing a splint 24/7 over the next several weeks. Our hand therapist will make you 2 splint orthoses, so that it can be changed after hygiene. The splint can become loose over time and need to be readjusted. If this happens, just give us a call. The finger usually regains acceptable function and appearance with this treatment after 6-8 weeks of continuous splinting.



Phase II: Weaning period. Time to start weaning from your splint!

Start decreasing splint wear 1-2 hours per week in protected environments, both morning and evening. Continue splint at bed, gripping heavy objects and outdoors

Perform flexion/extension exercises 2x/day, 10-15 reps with resistance to avoid stiffness of the PIP joint.

Example of weaning timeframe:

Week 1 = 1-2 hours off per day

Week 2 = 2-2 hours off per day

Week 6 = 7-14 hours off per day

Within 6 weeks you should be only wearing the splint to bed. Once the fingertip has remained straight you may discontinue use of the splint.