



## **Mallet Finger**

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

### 0-8 Weeks

Place patient in a dorsal (NEVER volar unless skin irritation dictates that location) static DIP extension splint

Splint should hold DIP joint in slight hyperextension and should end at fingertip

PIP should be free and motion at that joint encouraged

Tape patient into splint (tape around the two far ends of the splint, then tape distal phalanx from volar to dorsal on the end of the splint)

Coban wrap over the tape

### 8-12 Weeks

Continue splinting at night

Wear splint during increased time of activity during the day

DO NOT instruct in any exercises of the DIP. Allow motion to return via functional use of the hand.