

## **BONY MALLET SURGICAL REPAIR (Zone 1, 2)**

### **Evaluation**

Measure AROM of fingers and wrist. Assess scar and edema. NO PROM and no strength testing at all.

### **3 - 5 days postop**

1. Orthosis fabrication:
  - a. Tip protector splint is fitted and applied, ensuring pin is protected
    - i. Pt is to wear splint continuously
    - ii. Pt should be instructed to clean pin site with hydrogen peroxide daily
2. Initiate A/PROM for MP and PIP joints

### **4 - 6 weeks postop**

1. Pin is removed at this time by the physician

### **6 weeks postop**

1. Incorporate AROM exercises for DIP joint to be performed 6 times per day
2. Fit Pt for mallet finger splint
  - a. This is to be worn continuously only removed to perform HEP.

### **7 weeks postop**

1. If no extensor lag if present, being PROM for DIP joint.

### **9 weeks postop**

1. Progressively wean out of mallet splint, by reducing wear time by one hour each day
  - a. Orthosis should be completely discontinued in 1-2 weeks
  - b. Pt continues to wear splint at night through weaning process.

### **12 weeks postop**

1. Discontinue use of orthosis at night.

### **Considerations**

Continuously monitor for extensor lag throughout course of therapy.