

## Mallet Finger Nonoperative Rehab Protocol

**Dr. Nielsen**

### 0-8 weeks

- Mallet splint
  - Volar splint holding DIP in 5-10 degrees hyperextension
  - PIP joint free for ROM
- Full time mallet splint
  - Hold in extension for finger care/bathing

### 8-12 weeks

- Mallet splint nocturnally
- Begin AROM exercises at DIP for flexion
- No extensor strengthening exercises

### 12+ weeks

- Discontinue splint
- Full AROM and PROM exercises of DIP permitted