

MALLET INJURIES (ZONE 1 EXTENSOR TENDON INJURY)

All patients to be given an information sheet on inquiry/splintage at time of issuing splint

Splint to be applied as soon as possible following injury

DIP joint to be hyper-extended (using zimmer/thermoplastic/stack splints as appropriate)

To mobilise MCP/PIP joints

Splint constantly for 6 weeks

If at 6 weeks no extension lag at DIP joint:

- Remove splint for active flexion/extension of DIP joint
- Continue with MCP/PIP joint flexion/extension
- Wear splint at night and in between exercise session

If no extension lag develops then wean day splintage but continue with night splintage for 12 weeks

If extension lag develops at DIP joint then return to constant splintage until 8 weeks and then repeat as above

If at 6 weeks the DIP joint extension lag is more than 10 degrees, continue with night splint until 10-12 weeks

If at 8 week the DIP joint extension lag is more than 10 degrees, continue with constant splintage and check at 10 and 12 weeks