

## **MALLET INJURY – OPEN REPAIR**

- Note: if surgical intervention is required, a K-wire AND a dorsal open approach is used.

### 4-5 days post-op:

- remove post-op dressings
- patient may begin showering. No prolonged immersion in water.
- Fabricate clam-shell splint
- Begin PIP joint ROM
- Edema reduction and wound care, as needed.
- Patient education:
  - Wound healing
  - Edema reduction
  - Progression of rehabilitation
  - Precautions for heavy lifting or gripping

### 6 weeks post-op:

- ❖ K-wire removed
- ❖ Begin AROM of DIP joint, in 10 degree increments
- ❖ Fabricate exercise ‘template’ splint to prohibit further flexion
- ❖ Continue clam-shell between exercise program until desired range of motion is achieved.