

Mallet Finger Home Program Phase 2 Exercises

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Notes: After 8 weeks of continuous splint wear, and keeping the tip joint of the finger straight 24 hour a day (protecting it in a straight position when cleaning the finger as well), you are ready to start the 2nd phase of rehab:

Do the first exercise x 2 weeks. Continue wearing your splint with activities.

Add in the second exercise in 2 weeks. Continue wearing your splint with activities

Discontinue your splint in 4 weeks.

1- Active finger flexor tendon glides - Repetition:15 / Frequency:4x/day



Start this exercise now, 4x/day, out of your splint.

Begin with the wrist and fingers straight.

Bend at the first knuckles, making a tabletop.

Touch the fingertips to the base of the palm, making a flat fist.

Bring the fingers up into a claw position.

Keeping the tension in the fingers, roll them into a full, tight fist.

Wear your splint at all other times.



2- Passive finger flexion - Repetition:5 slow repetitions / Frequency:4x/day

Start this exercise in 2 weeks, to work on full finger flexion into a tight fist.

Begin by trying to make a full fist.

Using your other hand, stretch the stiff finger at the tip and middle joints, rolling it into a full fist.

Repeat for all fingers individually.

This exercise can also be done stretching all 4 fingers at the same time.

Wear your splint at all other times.





Exercise 1 : Active finger flexor tendon glides

Repetition:15 / Frequency:4x/day



Exercise 2 : Passive finger flexion

Repetition:5 slow repetitions / Frequency:4x/day