

**Bony Mallet (Surgical Repair)  
Dr. Staiger**

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Phase I Post-Op Day 10-14	<ul style="list-style-type: none"> <li>• Evaluate and Treat.</li> <li>• Instruct in edema management techniques.</li> <li>• Custom fabricate two DIP orthoses. Orthosis should be worn at all times, so one is for showers and the other is for all other times.</li> <li>• Active range of motion to finger PIP and MP of involved finger and at all joints for uninvolved fingers.</li> <li>• Review pin care and signs of infection.</li> </ul>	<ul style="list-style-type: none"> <li>• Edema control</li> <li>• Pin care</li> <li>• Orthosis wear and care</li> </ul>
Phase II 6 Weeks	<ul style="list-style-type: none"> <li>• May use modalities as indicated. May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> </ul>	<ul style="list-style-type: none"> <li>• Pain management</li> <li>• Functional MP and PIP ROM</li> </ul>
Phase III 12-16 Weeks (Pin Removed)	<ul style="list-style-type: none"> <li>• Gentle active range of motion, active assistive range of motion, and passive range of motion to DIP as long as no extensor lag.</li> <li>• Wean out of orthosis during the daytime but still wear at night. (Discontinue orthosis at night 16 weeks post-op)</li> </ul>	<ul style="list-style-type: none"> <li>• Functional finger ROM</li> </ul>