

BONY Mallet (SURGICAL REPAIR)

Dr. Widstrom

❖ Schedule same day as doctor

Time Frame	Treatment	Goals
Post-Op Day: 10-14 days post-op	<ul style="list-style-type: none"> • Evaluate and Treat • Instruct in edema management • Custom DIP splint • AROM to PIP and MP • Review pin care and signs of infection • Splint adjustments PRN 	<ul style="list-style-type: none"> • Edema management • HEP/ ROM • Orthosis fabrication • Pin care
Phase I: 6 weeks post-op Or post pin removal	<ul style="list-style-type: none"> • AROM to DIP joint • Wear splint in between exercises and at night • May use modalities as indicated <ul style="list-style-type: none"> ○ Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated. 	<ul style="list-style-type: none"> • ROM • Scar management • Edema Management
Phase II : 7 weeks post-op	<ul style="list-style-type: none"> • Gentle AAROM/PROM to DIP as long as no extension lag develops 	<ul style="list-style-type: none"> • Update HEP • ROM • Limit ext lag
Phase III: 9 weeks post-op	<ul style="list-style-type: none"> • Splint daytime wean gradually • Continue splint at night 	<ul style="list-style-type: none"> • ROM • Limit ext lag
Phase IV: 10 weeks post-op	<ul style="list-style-type: none"> • Discontinue splint during day unless lag is present • Continue at night 	<ul style="list-style-type: none"> • ROM • Limit ext lag
Phase V: 12 weeks post-op	<ul style="list-style-type: none"> • Discontinue splint 	<ul style="list-style-type: none"> • ROM