

Extensor Tendon Injury Zone I (Mallet Conservative)

Dr. Widstrom

Time Frame	Treatment	Goals
Initial	<ul style="list-style-type: none"> ● Evaluate and Treat ● Fabricate digital based DIP joint extension gutter splint/mallet finger splint (PIP free) <ul style="list-style-type: none"> ○ 0 degree or slight hyper ext ○ Wear at all times may remove for skin checks, educate on keeping DIP in full ext ○ Adjust PRN ○ Small fingers may require PIP to be include in orthosis ● Instruct in edema management techniques ● Instruct in PIP joint ROM 	<ul style="list-style-type: none"> ● Edema management ● Orthosis wear and care ● PIP ROM
Phase I: 6 weeks	<ul style="list-style-type: none"> ● Evaluate DIP AROM <ul style="list-style-type: none"> ○ If extension lag is still noted continue extension orthosis for 2 more weeks ● If no extension lag noted begin AROM <ul style="list-style-type: none"> ○ Continue extension orthosis at night 	<ul style="list-style-type: none"> ● ROM ● Edema Management
Phase II : 7 weeks	<ul style="list-style-type: none"> ● Continue to evaluate DIP AROM <ul style="list-style-type: none"> ○ If extension lag is still noted continue extension orthosis for 2 more weeks ● May being DIP PROM if needed 	<ul style="list-style-type: none"> ● Update HEP ● ROM
Phase III: 12 weeks	<ul style="list-style-type: none"> ● Discontinue night orthosis 	<ul style="list-style-type: none"> ● ROM