

Finger Rehabilitation with Zero-Cast F1x Splint

{Mallet Finger - & DIPJ Injury Rehab Instructional Flier}

Injury: The patient has sustained an injury to the ‘tip’ joint of their finger. The tendon structures (extensors) are damaged and this has caused the fingertip to droop.

Treatment: Mallet finger injuries will heal if the finger-tip is splinted in a straight-position. The Zero-Cast F1x splint is designed to provide healing & comfort. The clinic will advise the patient when rehabilitation exercise can commence (**NOTE** – rehabilitation exercise below usually commence after splint removal at 4 – 6 weeks).





Swelling: It is normal to experience swelling after injury. The hand should be raised (above heart) and can be treated with cold-therapy (ice bag wrapped in towel to protect skin) to reduce swelling.

Gentle Exercise While Wearing Splint: The Zero-Cast F1x Splint is worn day & night for 4-6 weeks. Patients can be instructed to **regularly bend their ‘free’ joints of the injured finger** each day **while the splint is fitted**. It is not Recommended to begin the illustrated exercises until clinical okay & splint has been removed.

Contact Clinic: If pain prevents undertaking exercises and/or if splint breaks or becomes uncomfortable

NOTE: Patient should also follow guidance contained within the ‘Caring For Your Splint’ flier provided to each patient and available at www.zero-cast.com

REHABILITATION EXERCISE FREQUENCY; Patients to perform this set of exercises - 3 times per day

 <p>(repeat 4 x) 1. EXTENSION EXERCISE; Use unaffected hand to hold tip of the injured finger and aid the affected finger to straighten at tip – hold straight for 15 sec</p>	 <p>(repeat 6 x) 2. TABLE-TOP; Use Injured hand to make a ‘Table-top’ shape. Use other hand to push down while lifting fingertips towards ceiling - Hold for 10 sec</p>
 <p>(repeat 6 x) 3. FIST; Use whole hand, make full fist – hold for 10 seconds</p>	 <p>(repeat 10 x) 4. GRIP & PICK-UP; Use a rolled up tea-towel (or t-shirt). Pickup and squeeze – hold for 5 seconds</p>

Refs; Kisner, Carol, and Lynn Allen Colby, Therapeutic Exercise: Foundations and Techniques, F. A. Davis Company; 6th ed, 2012. Hall TM & Brody LT. Therapeutic Exercise Moving Toward Function. 3rd ed; Lippincott, Williams & Wilkins, 2010.

NOTE: Patient should also read the ‘Caring For Your Splint’ flier provided & available online at www.zero-cast.com

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