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Splint Weaning Program for Mallet Finger Deformity

After you have worn the mallet splint all the time for the recommended period, usually eight (8) weeks or longer, depending on what you were instructed, you should follow the weaning schedule below. The wean should occur over a 1-month period. Generally the finger is very stiff at first and over the course of time, the joint will become more mobile.

Day #1	Remove the splint for one hour. Wrap the finger with a Coban or Coflex wrap while out of the splint Gently flex the joint several times while the splint is off. You may break the 1 hour time into several periods (e.g: 4 periods of 15 mins)
Day #2	Remove the splint for two hours Wrap the finger with a Coban or Coflex wrap while out of the splint Gently flex the joint several times while the splint is off. You may break the 2 hour time into several intervals. (e.g: 2 periods of 1 hr each or 4 periods of 30 mins).
Day #3:	Remove the splint for three hours Follow the previous instructions regarding the coban wrap and finger flexion. You may break the 3 hour time into several intervals.
Day #4	Remove the splint for four hours Follow all other previous instructions regarding the wrap, flexion, and intervals.
Day #5-14	Increase the time out of the splint by 1 hr everyday until Day #14. Follow the previous instructions regarding the wrap, flexion, and intervals.
Day #15-30	Wear the splint only at night
Day #30-60	Keep a coban wrap around the finger and DIP joint to protect the finger. Wear the splint if you use your hand for any sports or household activities.

You will need to protect the joint by wrapping it with Coban while the finger is out of the splint. Should you notice that the finger starts to droop at the DIP joint, discontinue the wean and resume wearing the splint all the time for two weeks. Then restart the wean at Day #1 at a slower pace, advancing every other day instead of every day. If your second attempt of weaning from splint use is not successful and the fingertip droops again, please call us for an appointment.