

NEWTON HAND THERAPY  
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## **Mallet Slow Wean Program**

- Remove splint on 3 occasions during the day. 5 minutes for the first session, 10 minutes and 15 minutes on the third session. As long as there is no 'lag' or finger drop, increase each session by 5 minutes compared with the previous session. So day 2 would start with 20 minutes out of splint. Eventually the three periods without the splint will overlap, and then you don't wear the splint during the day
- Tracing an outline of the 'profile' of your finger may help identify a small lag
- By the end of two weeks, the splint is off for over 10 hours (if you stick to the 5 minute increase per session perfectly)
- Shower time may be incorporated into one of these sessions (although it may be better to wear splint if washing hair etc initially)
- You can use your hand for normal daily activities when the splint is off, but **do not push finger tip down with other hand or grip with maximal force** for at least 4 weeks
- Wear the splint at night to sleep for 4 weeks, and for contact sports for 4 weeks
- If lag does develop, don't panic, but wear splint continuously for 3 days and start wean again. Contact your therapist to discuss a plan for weaning the splint
- It will take a few weeks to get your finger bending again, but it should return without the need to do specific exercises