

Mallet Finger

Mallet Finger Post Immobilization

Repeat: **3** time(s), every **1** day(s)

Estimated Total Time: **00:06:28**



Notes: Progress finger range of motion gently and monitor for drooping your fingertip. If drooping occurs, decrease the frequency of your exercises and consider wearing your splint intermittently during the day or at night.

1: Tendon Glide - Hook Fist

Begin with your hand straight. Roll your fingers into a hook position by bending the middle and end joints of your fingers, while keeping your knuckles straight. Return to the starting position.



Effort

1 Set x 10 Reps

6.5 sec. each (Total: 0:01:05)



Remember

Only bend middle and end joints.

Keep knuckles straight.

2: Tendon Glide - Fist

Begin with your hand straight. Bring your fingers in to a fist while trying to keep your thumb relaxed. Then straighten your fingers and relax.



Effort

1 Set x 10 Reps

6.5 sec. each (Total: 0:01:05)



Remember

Curl fingers in to palm.

3: Tendon Glide - Straight Fist

Begin with your hand straight. Bring your fingers into a fist, keeping the end joints straight. Return to the starting position.



Effort

1 Set x 10 Reps

6.5 sec. each (Total: 0:01:05)



Remember

Only bend knuckles and middle joints.

4: Active Isolated PIP Flexion Extension - Index Finger

Using your opposite hand to prevent the knuckle from moving, bend and straighten your finger at the middle joint, keeping your fingertip straight.



Effort

1 Set x 10 Reps

5.5 sec. each (Total: 0:00:55)



Remember

Keep knuckle straight.

Only bend middle joint.

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5: Active Isolated DIP Flexion Extension - Index Finger

Using your opposite hand to hold the middle and knuckle joints of your finger straight, bend and straighten the end joint.



Effort

1 Set x 10 Reps

5.5 sec. each (Total: 0:00:55)



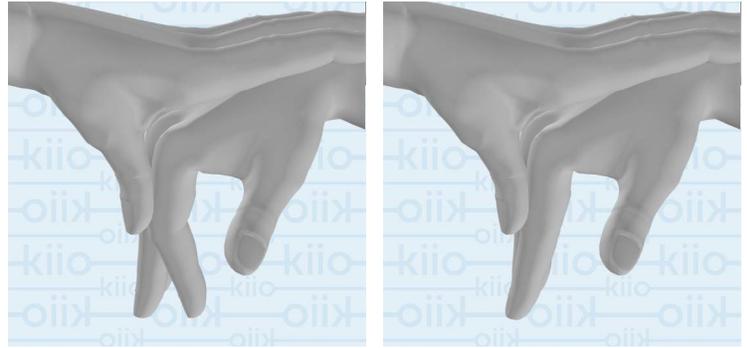
Remember

PERFORM GENTLY!

Only move tip of finger.

6: Active PIP Extension with Reverse Blocking - Index Finger

Using your opposite hand to hold your wrist at ~45° of flexion and the knuckle of your finger at ~45° of flexion, straighten the middle and end joints of your finger.



Effort

1 Set x 10 Reps

5.3 sec. each (Total: 0:00:53)



Remember

Keep wrist and knuckle still.

Only move middle and end joints.

7: Active Isolated DIP Extension - Index Finger

Using your opposite hand to stabilize your finger, straighten the tip of your finger. Then allow your finger to relax and return to the starting position.



Effort

1 Set x 10 Reps

3.0 sec. each (Total: 0:00:30)



Remember

Only move tip of finger.