INFORMATION FOR PATIENTS

Hand Therapy: Mallet splint weaning advice

You have been assessed to see if your finger has healed enough to start weaning from your mallet splint. This leaflet, along with guidance from your therapist, explains how you should start to remove your splint in a steady and controlled manner.

Wear your splint in the day if you are doing **heavy activity**, such as making a bed or gardening. **Do not forget to sleep in your splint.**

Only do **light activity** when the splint is not on your finger. An example of light activity is using TV remote control, reading a book and using your mobile phone. Watch the finger to make sure it does not droop when the splint is not on. If it only droops a little bit, do not worry as this is normal. **If you are concerned with the droop, please contact your therapist.**

When you are no longer wearing the splint in the day, you should continue to wear the splint every night for a further four weeks.

If you struggle to make a full fist, do not worry, this should improve as you go about your daily tasks. If it is still stiff after you have totally weaned from your splint, wait one month then contact us on the details below. **Do not force the finger end into a tight fist.**

Your therapist today is:

If you need further guidance, please telephone us on 01623 622515, extension

Day	AM	РМ

When you are not wearing your splint, your therapist may provide you with a gentle exercise programme to help you to gradually regain full movement at the end joint of your finger.

If provided, your therapist will advise you when it is safe to begin these exercises.

Exercise programme:

Additional comments/ advice

Please contact your therapist should you have any concerns regarding your progress.

Further sources of information

NHS Choices: <u>www.nhs.uk/conditions</u> Our website: <u>www.sfh-tr.nhs.uk</u>

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222 Newark Hospital: 01636 685692 Email: <u>sfh-tr.PET@nhs.net</u>

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email <u>sfh-tr.PET@nhs.net</u>.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email <u>sfh-tr.patientinformation@nhs.net</u> or telephone 01623 622515, extension 6927.

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