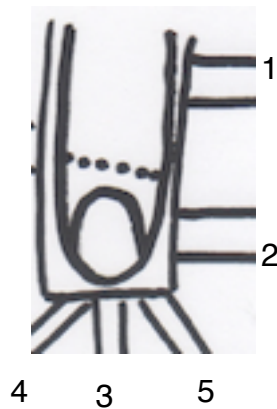


Mallet Self Change Instructions

1. Prepare tape - 5 strips of 10cm length using 1cm Leukoplast (beige colour)
2. Remove 'old' splint while keeping tip in fully extended position
3. Rest tip on flat supportive surface (eg handle of pliers) - Wash, dry, massage
- Leave to 'air' if possible, especially if skin looks moist
4. Remove strip of hypafix covering inside of splint, clean splint with cold water
5. Replace strip of hypafix to inside of splint so plastic doesn't rest directly on skin
6. Tape re-application - hold finger firmly against splint, lightly tape in place to maintain position



Splint is on top of finger, so pad of finger not covered by plastic

REMEMBER

- Keep on and DRY
- If splint not holding finger straight, result will be compromised
- Bend middle joint of finger
- Watch for skin problems

Any questions or problems contact your physiotherapist