

**DeQuervain's Release
Rehab Protocol**

The surgeon must specify on the referral any specific recommendations or deviations outside this protocol.

Phase I	Phase II	Phase III	Phase IV
0 to 7-10 Days Post-Op	7-10 Days Post-Op	6 Weeks Post-Op	12 Weeks Post-Op
<p><u>General Precautions:</u> -Keep post-op dressings intact</p> <p><u>Post-op Plaster Splint:</u> -Wear until 7-10 days post-op then remove</p> <p><u>Clinical Implications:</u> -Begin finger ROM</p>	<p><u>General Information:</u> -First MD post-op visit -Post-op dressings removed -Remove post-op plaster splint</p> <p><u>General Precautions:</u> -No aggressive ROM -Avoid resisted thumb motion</p> <p><u>Clinical Implications:</u> -Begin wrist and thumb ROM -Utilize scar and edema management -Utilize thumb spica splint -Review work station modifications, if needed, including avoiding laptop keyboard</p>	<p><u>General Information:</u> -Return to MD for 2nd post-op visit</p>	<p><u>Clinical Implications:</u> -Begin strengthening, as needed</p>