

Dupuytren's Contracture Open 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
3-5 Days Post-Op	7-10 Days Post-Op	3 Weeks Post-Op	12 Weeks Post-Op
<p>General Information:</p> <ul style="list-style-type: none"> -Remove post-op dressings -Patient instructed to keep wound dry for 2 weeks -Wound care as needed <p>General Precautions:</p> <ul style="list-style-type: none"> -No resistive activities or activities that apply shear forces until wounds are healed <p>Post-op Plaster Splint:</p> <ul style="list-style-type: none"> -Wear until 7-10 days post-op then remove <p>Clinical Implications:</p> <ul style="list-style-type: none"> -Utilize edema reduction techniques including tubigrip and/or co-ban, UE elevation and active ROM -Static hand-based extension splint (to be worn for 3 months at night) -Begin active and gentle passive ROM of digits: <ul style="list-style-type: none"> o "place and hold" exercises for digit flexion and extension o Intrinsic stretches -Provide patient education regarding stages of wound healing, effect of scarring on tendon gliding, need to minimize edema, and signs of infection <p>Frequency of Therapy:</p> <ul style="list-style-type: none"> -1-2 times per week 	<p>General Information:</p> <ul style="list-style-type: none"> -First MD post-op visit -Suture removal (possibly ½ of sutures based on wound healing) -Remove post-op plaster splint <p>Clinical Implications:</p> <ul style="list-style-type: none"> -Continue ROM, edema control, wound care -If wounds are healed, consider use of elastomer insert for splint. *No need for silicone gel pad if using elastomer -Begin scar mobilization when wounds are well-healed 	<p>Clinical Implications:</p> <ul style="list-style-type: none"> -Continue night extension splinting with adjustments as needed -If using elastomer insert, fabricate new inserts as ROM increases -May begin light therapy to increase ROM 	<p>Clinical Implications:</p> <ul style="list-style-type: none"> -Begin strengthening if needed