

Dupuytren's Fasciectomy Therapist Protocol

DAVID GESENSWAY, MD

DAYS 1 - 3:

- Patient in post-op splint, and is elevating the arm as much as possible.

DAY 3 – WEEK 3:

- Fabricate custom forearm-based digit extension splint, out to the fingertips, including the digit that had surgery and the finger(s) adjacent to it. Wrist in neutral, digits in extension, but without tension on the healing tissues. Polyform works well. Occasionally he orders a hand-based splint, if the surgery was in one finger only and not in the palm.
- Splint is to be worn daytime and nighttime, removing for soaks and exercises.
- Patient to do a warm water soak for the the hand once per day. No need to add anything to the water. Soak 3-5 minutes. Then apply Silvadene (Dr. Gesensway should have given the patient a prescription for this), Xeroform and 1-inch Kling.
- Patient to do hourly aggressive AROM and PROM, with the goal of full digit PROM flexion within the first few days, full AROM within 1-2 weeks. A bit of bleeding with the exercises is not a problem.
- Patient to see Dr. Gesensway 10-14 days after surgery, for clinical exam and suture removal.

WEEK 3 – WEEK 8:

- Patient to wear their splint at night only
- Patient to use the hand normally throughout the day

OVERALL TIPS:

- The number of therapy visits needed over the first 8 weeks differs for each patient. Those that have little swelling and easily master their exercises may come for just 2-3 visits, others with more swelling and stiffness may come for up to 12 visits.