

## Dupuytren's Release

Dr. Widstrom

### ❖ Schedule occupation therapy 5-7 days post-op

Time Frame	Treatment	Goals
Post-Op Day:  5-7 days	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Remove dressing               <ul style="list-style-type: none"> <li>○ Educate in home care for incision and dressing change</li> <li>○ <b>If skin graft is present leave stint intact and do not soak to remove dressing</b></li> </ul> </li> <li>• Custom fabricate hand based extension orthosis               <ul style="list-style-type: none"> <li>○ Educate on wear and care instructions</li> <li>○ <b>Precaution if skin graft is present fabricate non-tension ext orthosis, gradually progress ext each week</b></li> </ul> </li> <li>• Assess AROM</li> <li>• Instruct on HEP               <ul style="list-style-type: none"> <li>○ Gentle AROM; tendon glide, joint blocking</li> <li>○ Progress with AAROM and PROM as tolerated</li> </ul> </li> <li>• Follow up is typically 1x/week depending on motion</li> <li>• <b>If McCash technique (open incision in palm) educate on wet to dry dressing change</b></li> </ul>	<ul style="list-style-type: none"> <li>• Edema management</li> <li>• HEP</li> <li>• ROM</li> <li>• Scar management</li> <li>• Skin graft protection</li> </ul>
Phase I:  2 weeks post-op	<ul style="list-style-type: none"> <li>• Readjust orthosis into further extension as tolerated</li> <li>• Instruct in scar management techniques if sutures are removed</li> <li>• Continue with HEP               <ul style="list-style-type: none"> <li>○ AROM, PROM and AAROM to tolerance</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> <li>• Scar management</li> <li>• Edema Management</li> </ul>
Phase II :  3 weeks post-op	<ul style="list-style-type: none"> <li>• May use modalities as indicated               <ul style="list-style-type: none"> <li>○ Typically not started until 4 weeks post-op</li> <li>○ May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated.</li> </ul> </li> <li>• Readjust orthosis PRN</li> <li>• Continue with HEP</li> </ul>	<ul style="list-style-type: none"> <li>• Scar management</li> <li>• ROM</li> </ul>

Phase III:  3-6 months post-op	<ul style="list-style-type: none"><li>• Discontinue night time orthosis when determined by physician</li></ul>	
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