

Dupuytren Release/Partial Palmar Fasciectomy

Dr. Staiger

*Schedule OT 1-3 days post-op

Time Frame	Treatment	Goals
Phase I Post-Op Day 1-3	<ul style="list-style-type: none"> • Evaluate and treat following instructions dictated on op-note/post-op care. • Dressing change and check for signs/symptoms of infection. • Fabricate hand based extension orthosis being careful with ext especially if there is a skin graft. If there is a skin graft, orthosis will slowly be brought into further ext each week. <ul style="list-style-type: none"> ○ Wear orthosis intermittently during the day until incision is healed. ○ Wear orthosis at night (typically 6 months). ○ Remove orthosis to perform exercises 4-8 times a day. • Assess active range of motion of digits. • Instruct in tendon gliding exercises in a pain free range. • Instruct in isolated blocking exercises of PIP and DIP joints into flexion/extension in a pain free range. • Instruct in active assistive and/or passive flexion and extension exercises depending on pain level. • Follow up 1 time weekly depending upon range of motion. (Generally we see 1 time a week for at least 6 weeks). • Instruct in edema management. • Reassure client that incisions/surgery looks worse than typically expected because of McCash technique but will heal with excellent results. 	<ul style="list-style-type: none"> • Edema control • Wound Healing • ROM
Phase II 10-14 Days	<ul style="list-style-type: none"> • Readjust orthosis as needed to maintain full extension of digits. • Perform active, active-assisted, and passive range of motion exercises in the clinic and with home exercise program. • Instruct in scar management techniques (to begin once incision is healed). • Issue scar pad (to be worn once incision is healed). 	<ul style="list-style-type: none"> • Scar management
Phase III 3 Weeks	<ul style="list-style-type: none"> • May use modalities as indicated (ultrasound typically not done until 4 weeks post-op). May include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 3 weeks. 	<ul style="list-style-type: none"> • Continued edema and scar control • Pain management
6 Months	<p>* Typically may discontinue night orthosis unless scar is continuing to remodel.</p>	