

**REHABILITATION PROTOCOL:
DUPUYTREN'S**

SAM FULLER, M.D.

Dupuytren's contracture release

3 days post-op

- OT fabricate hand based digit extension splint
- Provide A/PROM exercises for the digits out of the splint 8-10 times a day
- Splint can be worn during the night time and d/c during the day
 - If flexion lag starts to return patient is to start wearing splint during the day
- Patient is able to shower after 1 week post op.
- Patient should have dissolvable stitches. If they are not dissolving, then OT is able to take them out after 2 weeks.

Xiaflex:

2 days after injection and immediately after manipulation

- OT fabricate an digit extension splint
- Provide A/PROM exercises for the digits out of the splint 8-10 times a day
- Splint can be worn during the night time and d/c during the day
 - If flexion lag starts to return patient is to start wearing splint during the day
- Patient is able to shower

**** Each patient will have a variety of outcomes. Treatment and protocol may differentiate due to severity of injury****