

DEQUERVAIN'S TENOSYNOVITIS RELEASE

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Procedure: Total resection of the retinaculum is performed in order to decrease chance of subluxation of tendon.

5 DAYS POST OP

Formal therapy evaluation is initiated.

Remove bulky post op dressing. Initiate prefabricated forearm thumb spica splint. Patient is to bring the splint to eval if previously issued. If a patient does not bring a prefab splint, he/she will need to be taken to cast room for removable thumb spica splint.

AROM is initiated.

Edema management is initiated and begin radial nerve desensitization program.

3 WEEKS POST OP

Initiate gentle strengthening. Progress strengthening as indicated. Using the hand in normal daily activities is encouraged.

6 WEEKS POST OP

Goal is to discontinue formal therapy and return to normal activities.

Considerations:

Patient education becomes important for return to work and normal daily activities.