DUPUYTREN’S RELEASE

PHYSIOTHERAPY PROTOCOL

INDICATIONS
Flexion contracture of any or all of the fingers

PRE-OPERATIVE
Patients are usually seen as day surgery cases and pre-operative assessment should include:
  • Physical assessment as appropriate
  • Explanation of post-operative physiotherapy management

POST-OPERATIVE

Day 1
  • Review operation notes and post-operative physiotherapy instructions (A back slab is usually applied for the first week)
  • Advice on ice and elevation to control swelling
  • Maintain range of movement at the shoulder, elbow and fingers (as the dressing allows)

1 Week - Day Ward Review
  • Wound Check.
  • Small dressing applied.
  • Aim for full active finger flexion and extension (MCP & IP Joints). Gentle passive stretches progressing to more aggressive stretches as wound integrity allows.
  • Encourage the active use of the operation hand for activities of daily living. Take care with hot or heavy objects.

Splinting
  • If required the patient is referred to occupational therapy by the surgical team for the provision of a resting night splint. The splint is worn at night for 2-3 weeks.
Daytime splints can be applied as tolerated by the patient and as required depending on the level of flexion deformity as assessed by therapists.

**By 6 Weeks**
Full range and function of the affected wrist and hand