1.0 Policy Statement........................................................................................................... 2
2.0 Purpose.......................................................................................................................... 2
3.0 Scope.............................................................................................................................. 2
4.0 Health & Safety............................................................................................................. 2
5.0 Responsibilities............................................................................................................ 2
6.0 Definitions and Abbreviations ................................................................................... 2
7.0 Guideline...................................................................................................................... 3
  7.1 Pre-Operative............................................................................................................... 3
  7.2 Post-Operative............................................................................................................. 3
    7.2.1 Day 1...................................................................................................................... 3
    7.2.2 1 Week - Day Ward Review ............................................................................... 3
    7.2.3 Splinting................................................................................................................ 3
    7.2.4 6 Weeks ............................................................................................................... 3
8.0 Related Documents ..................................................................................................... 4
9.0 Appendices................................................................................................................... 4
10.0 References.................................................................................................................. 4

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**Document Approvals**

<table>
<thead>
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<tbody>
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*This is a controlled document and is intended to be viewed via Q-Pulse therefore printed hardcopies expire within 24 hours from 16:20:37, 25/01/2013*
1.0 Policy Statement
   1.1 It is the policy of Cappagh National Orthopaedic Hospital to provide a patient focused physiotherapy service delivered by chartered physiotherapists and support staff working in a well-equipped environment.

   1.2 It is the policy of Cappagh National Orthopaedic Hospital to provide health professionals and the public with the necessary advice and guidance on physiotherapy rehabilitation.

2.0 Purpose
   2.1 The purpose of this guideline is to advise health professionals and patients on the physiotherapy rehabilitation of a person undergoing a Dupeytren’s release.

3.0 Scope
   3.1 This guideline applies to all staff involved in the care of a person undergoing a Dupeytren’s release, community staff involved in the pre and post-operative care of the patient, the patient and their family.

4.0 Health & Safety
   4.1 There are health and safety risks involved in patient care, namely risk of physical injury to patient and staff, risk of infection.

   4.2 Physiotherapists have the necessary qualifications and clinical experience to carry out this guideline and to supervise unqualified support staff.

   4.3 They must be eligible for membership of their professional body, the Irish Society of Chartered Physiotherapists (ISCP).

   4.4 They undertake mandatory manual handling, basic life support training, fire safety, infection prevention and control and risk management.

   4.5 They complete a minimum of 100 hours continuing professional development every three years as required by the ISCP.

5.0 Responsibilities
   5.1 It is the responsibility of physiotherapists to implement this guideline.

6.0 Definitions and Abbreviations
Dupeytren’s contracture is a progressive tightening of the skin on the palm, most commonly affecting the small and ring fingers. Mild cases may have only nodules but advanced cases will have thickened bands on the palm that pull the fingers into the palm. Dupeytren’s Release is surgery may to release these bands and restore movement to the fingers.
7.0 Guideline

7.1 Pre-Operative
7.1.1 Patients are usually seen as day surgery cases and pre-operative assessment should include:

7.1.1.1 Physical assessment as appropriate.

7.1.1.2 Explanation of post-operative physiotherapy management.

7.2 Post-Operative
7.2.1 Day 1
7.2.1.1 Review operation notes and post-operative physiotherapy instructions (A back slab is usually applied for the first week).

7.2.1.2 Advice on ice and elevation to control swelling.

7.2.1.3 Maintain range of movement at the shoulder, elbow and fingers (as the dressing allows).

7.2.2 1 Week - Day Ward Review
7.2.2.1 Wound check.

7.2.2.2 Small dressing applied.

7.2.2.3 Aim for full active finger flexion and extension (MCP & IP Joints). Gentle passive stretches progressing to more aggressive stretches as wound integrity allows.

7.2.2.4 Encourage the active use of the operation hand for activities of daily living. Take care with hot or heavy objects.

7.2.3 Splinting
7.2.3.1 If required the patient is referred to occupational therapy by the surgical team for the provision of a resting night splint.

7.2.3.2 The splint is worn at night for 2-3 weeks.

7.2.3.3 Daytime splints can be applied as tolerated by the patient and as required depending on the level of flexion deformity as assessed by therapists.

7.2.4 6 Weeks
7.2.4.1 Full range and function of the affected wrist and hand.

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8.0 Related Documents
   Individual Physio tools exercise sheets

9.0 Appendices
   N/A

10.0 References
   N/A