



## Dupuytren Fasciectomy Therapy Instructions Laith Al-Shihabi, MD

### **1 week**

#### Splint:

-Fashion a removable hand-based volar finger extension splint for the affected fingers, to be worn at night.

#### Motion:

-Instruct on a home-based program emphasizing maintenance of MCP and PIP extension, and recovery of MCP and PIP active flexion.

#### Edema Control:

Edema modalities per therapist.

### **2-6 weeks**

Formal therapy will begin for only those patients with difficulty recovering finger motion at the 2 week mark.

#### Splint:

-Continue use of the night splint. Can utilize during the day if there is evidence of a recurring contracture.

#### Motion:

-Begin AROM/AAROM/PROM to the finger MP and PIP joints.  
-Transition to home program at 6 weeks.

#### Edema Control:

Per therapist.