



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.