

DeQuervain's Release

DeQuervain's Release is performed for:

1. Inflammation of the thumb tendons at the first dorsal compartment of the wrist, resulting in pain at the base of thumb/wrist region.

Rehabilitation Protocol for DeQuervain's Release

Some of the hand therapy terms may be unfamiliar to you now. They will become clear as you work with your hand therapist.

Time after surgery	Hand Therapy/Support
Day 1 to 2 weeks	<p>During the first two weeks you can expect to:</p> <ul style="list-style-type: none"> • initiate wound / oedema management with the hand therapist • commence early active range of motion movement for thumb, fingers and wrist • sutures will standardly be removed by the hand therapist between 10-14 days <p><i>Avoid heavy repetitive use / excessive wrist movement and keep wound dry from sweat and external moisture</i></p>
2 to 6 weeks	<p>During the next 4 weeks, you will:</p> <ul style="list-style-type: none"> • continue wound / oedema management with the hand therapist • commence scar management / desensitisation • progress exercise program to include assisted active range of motion of thumb, wrist and fingers including abductor pollicis longus (APL) and extensor pollicis brevis (EPB) glides • commence gentle strengthening exercises if pain is minimal • gradually upgrade functional use <p><i>Avoid heavy / repetitive pinching, grabbing and lifting</i></p>
6 to 12 weeks	<p>During the next 6 weeks, you can expect to:</p> <ul style="list-style-type: none"> • hand therapist to evaluate grip and pinch strength • resume normal activities as tolerated • gradually increase strengthening, keeping progress pain free with easy and good quality movement

Milestones for DeQuervain's Release

Time after surgery	What you can expect
Week 6	Full range of motion of the fingers, thumb and wrist Pain free, return to driving and light functional use
Week 12	>90% strength in comparison to opposite Return to full function

Return to functional activities

Activity	When you can expect to be able to do the activity
Return to work	4-6 weeks (light duties as tolerated) 6-10 weeks (heavier manual duties as tolerated)
Driving	3-6 weeks as tolerated
Swimming	3-6 weeks as tolerated
Lifting	Avoid lifting heavy items for 8-12 weeks
Golf	8-12 weeks
Return to usual functional ability	8-12 weeks