

Dupuytren's Fasciectomy

Dupuytren's Fasciectomy is performed for:

1. A condition where cord-like fascia forms beneath the skin of your fingers and palm. This tissue can thicken and contract, which can cause one or more fingers to curl into the palm.

Rehabilitation Protocol for Carpal Tunnel 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 • fabrication of a custom resting extension thermoplastic orthosis to prevent contracture post-surgery, worn fulltime apart from exercises • commence early active and passive range of motion movement of the fingers, thumb, wrist and forearm including tendon gliding exercises • active isolated DIP flexion / extension and active blocked PIP joint extension • commence light functional activities ensuring pain and symptoms are not aggravated • sutures will standardly be removed by the hand therapist between 10-14 days <p><i>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 splint use full time at night, can begin to wean out of the splint during the day • continue wound / oedema management with hand therapist advice • commence scar management / desensitisation including the provision of silicon • progress exercise program with aim to maximise range of motion as tolerated • progress passive stretches into both isolated and gross flexion / extension • commence gentle strengthening exercises if pain is minimal, including use of soft putty, foams or bands • gradually upgrade functional use <p><i>If patient has had skin grafts or open palm technique, progress of movement and strengthening may be slightly delayed</i></p>

6 to 12 weeks	<p>During the next 6 weeks, you can expect to:</p> <ul style="list-style-type: none"> • continue to wean out of the splint during day and night • 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
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Milestones for Dupuytren's Fasciectomy

Time after surgery	What you can expect
Week 6	Aiming for full range of motion Improved extension of the effected digits at rest Able to do light everyday activities
Week 12	>90% strength in comparison Return to normal function Reducing post operative scar tissue Improved extension in finger with reduction in thick fascia under the palm

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) 6-12 weeks (heavier manual duties as tolerated)
Driving	4-6 weeks as tolerated
Swimming	4 weeks as tolerated pending wound healing
Lifting	Avoid lifting heavy items for 3 months, after then, as guided by your strength
Golf	8-12 weeks
Return to usual functional ability	3 months