



## DeQuervain's Release

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### Goals of therapy

- (1) Protect surgical release site
- (2) Prevent recurrence of tenosynovitis symptoms
- (3) minimize post-operative edema
- (4) prevent joint stiffness and maximize joint range of motion of wrist and thumb. *Status of tendons and compartment should be confirmed with surgeon, to avoid subluxation of tendons.*

### 0-2 weeks post-op

- Initiation of digit ROM exercises within confines of operative splint
- Make sure hand therapy scheduled or ordered
- Operative dressing removed post-op day 10-14. Sutures and Steri-strips removed
- Begin gentle scar massage if wounds are well-healed
- Edema reduction techniques are initiated
- Begin gentle isolated wrist and thumb range of motion. Avoid composite wrist and thumb flexion
- Removable thumb spica splint

### 3-6 weeks post-op

- Advance range of motion program, to include composite thumb and wrist flexion, to tolerance
- Advance to gentle strengthening program at 6 weeks post-op.
- Wean from splint by 6 weeks
- Review work station modifications, if needed, including avoiding laptop keyboard

### 6 weeks post-op

- Optional visit with PA for 2<sup>nd</sup> post-op visit