

Protocol For Postoperative Physiotherapy Of Patients With Dupuytren's Disease

Your finger(s) has been released but it can contract back down if you do not follow the following advice:

After the operation your hand will be kept still in a bulky plaster splint for 48 hours. The following exercises need to be performed hourly:

- 1. Take your arm forwards over your head x 10**
- 2. Bend and straighten your elbow x 10**

Keep your hand elevated at all times to prevent swelling.

After 48 hours a new splint will be made which must be worn for the following two weeks removing hourly to perform the following exercises:

- 1. Using your other hand bend all your fingers individually as far as you can x 10**
- 2) Bend and straighten fully all your fingers x 10**
- 3) With your hand flat on the table open and close your fingers x 10**
- 4) Using your other hand straighten the operated finger(s) as much as you can x 10**

After 10-14 days the stitches will be removed. At this point the splint can be removed to allow full use of the hand but must continue to be worn at night to allow for the best possible results long term.

Also at this stage massage with a moisturising cream to the scar can be commenced.