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DeQuervain's (1st Dorsal Compartment) Tenosynovitis Release

POD 8-10:

The postoperative dressing is removed 4-5 days after surgery by the patient and the patient can shower but not bathe, and keep the wound covered with dry gauze. Desensitization is initiated as soon as the wound is accessible. Scar massage is emphasized and is initiated as soon as sutures are removed.

Splint: The postop dressing and sutures are removed POD10-14. Patients are fitted with a short arm thumb spica splint for full time use

Motion: Patients may initiate wrist AROM/PROM from neutral to extension only. No wrist flexion is allowed in order to avoid tendon subluxation. Full composite flexion and extension of the digits (excluding the thumb) is begun and exercises are initiated 15 min/hr.

4 weeks:

Splint: Discontinue splint

Motion: Patients can progress with PROM and AROM to include wrist flexion.

6 weeks:

Can begin strengthening

A light dressing and edema control are applied as needed.

Please call with questions or concerns at the phone number above.