



## **Dr. Allen DeQuervain's Release Post-Op Protocol**

### **Phase I: Immediate Post-Op (Weeks 0-2)**

- Leave bulky soft dressing in place until first OT visit (3-5 days post-op)
  - Ok to shower after 1<sup>st</sup> dressing change
  - Don't soak wound, pat dry and cover with fresh bandage
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean by end of week 1)
- 5# lifting restriction
- Work on fingers, elbow, shoulder range of motion
- Occupational Therapy
  - Edema control
  - Finger/Hand/Wrist motion
  - DeQuervain's thumb spica brace

### **Phase II: Early Motion (Weeks 2-4)**

- First post-op visit at ~2 weeks
- Sutures removed at first visit
- Scar massage/desensitization
- Brace as needed
- Exercises
  - AAROM & AROM of thumb, wrist, fingers
  - APL & EPB glides
  - Stretching thenars, forearm flexors/extensors

**Phase III: Strengthening (Weeks 4-6)**

- Discontinue brace
- Exercises
  - Strengthening
    - EPB/APL (hammer curl eccentrics)
    - Wrist flexion/extension
    - Pronation/supination
- No pinching/grabbing/lifting

**Phase IV: Return to Activity (Weeks 6+)**

- Second post-op visit at 6 weeks
- Work training
- Return to activity as tolerated