

Dequervain's Surgery

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

Phase I: Post-operatively 0-3 weeks

Goals for phase I:

1. Restore functional ROM
 2. Control pain and swelling
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- A. Orthotics: Patient is placed in thumb spica splint, placing thumb in abduction. Splint is utilized to control swelling and immobilized joint to relieve tenosynovitis.
 - B. ROM: Gentle ROM and stretching to patient's tolerance, joint blocking.
 - C. Soft tissue management: wound monitoring (avoid getting stitches wet), swelling control, scar massage, desensitization
 - D. Modalities: Utilize for pain, inflammation, swelling control, and muscle re-education as necessary

Phase II: 3 - 6 weeks

Goals for phase II:

1. Normal ROM
 2. Functional strength
 3. Performing ADL's without difficulty
 4. Begin return to sports/work activities
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- A. Orthotics: Progressively discontinue use of splint.
 - B. ROM: Stretching/PROM as needed to restore normal motion.
 - C. Strengthening: Progressive strengthening activities (putty, thera-band etc.) as tolerated.
 - D. Functional activities: Begin work/sports related activities
 - E. Soft tissue management/modalities: Continue as needed

Phase III: 6 weeks to release

Goals for phase III:

1. Normal Strength
 2. Return to work/sports
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- A. Continue strengthening/conditioning/functional activities as needed