



*Excellence in
Orthopaedic Surgery
Since 1993*

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Occupational Therapy Services

Post Op Care following injection:

DUPUYTREN'S CONTRACTURE

XIAFLEX INJECTION

1-2 Days post injection:

- Resting hand-based orthosis is fabricated with the ring and little fingers in full extension.
- A/PROM/tendon gliding exercises initiated 10 reps ea, 4-6x/day dependent on severity of contracture.
- Orthosis for night-time for up to 4 months.
- In event of a more severe contracture, orthosis may be left on throughout the day except to perform daily activity.

1 wk post injection:

- Re-adjust orthotic as needed as edema decreases and ROM increases.
- ROM re-evaluated, update HEP.
- May discharge at this time if further intervention is not necessary.
- Pt to continue HEP for ROM.
- Continue orthotic for night-time for up to 4 months. Continue orthotic wear during day if contracture still persists, to come out for daily activity. In event of no remaining contracture, discontinue for day and only use at night.

1-2 wks post injection:

- adjust splint as needed.
- ROM re-evaluated, update HEP
- DC if progress allows.

4 Months post injection:

- Discontinue night orthosis.