

### **DeQuervain's Release/Reconstruction**

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

#### 0-4 Weeks Post Op

- Custom forearm based thumb-spica splint with IP free worn at all time except for ROM exercises and hygiene
- Gentle limited thumb motion (no full opposition—for the first 2 weeks post-op only oppose to the index and long fingers)
- Gentle AROM of wrist (allow for 30-30 degrees)
- No Radial or Ulnar Deviation
- Cryotherapy PRN for pain control

#### 4-5 Weeks Post Op

- Discharge forearm thumb spica splint
- Place patient in neoprene thumb spica at all times except for hygiene
- Continue cryotherapy for pain control
- Increase AROM wrist flexion and extension
- Increase AROM thumb as tolerated

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