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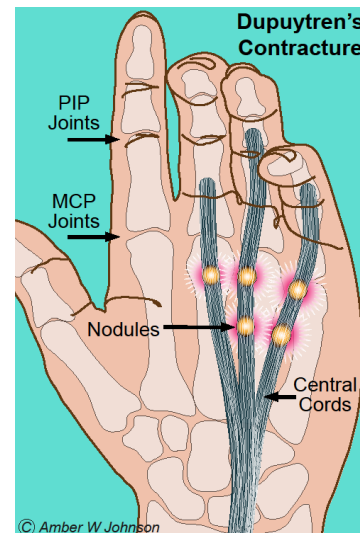
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***Dupuytren's Contracture: XIAFLEX Injection Rehabilitation Protocol**

Day of Injection (at clinic):

- Multiple injections will be made directly into the Dupuytren's cords in the hand.
- Injections will be done without anesthesia to reduce chance of injecting XIAFLEX into nerves found very close to the cords.
- A compressive dressing is then placed, and ice is applied.
- Most patients tolerate the injections well. (Patients that will not tolerate injections without local anesthesia may not be good XIAFLEX candidates, and may require open fasciectomy surgery.)
- Expect some swelling, bruising, and soreness for several days.
- Plan "RICE": rest, ice, compression, and elevation.
- Do not attempt to straighten fingers before scheduled appointment with physician.
- Take pain medication if needed and as prescribed. Call if any problems or questions arise.



1-2 Days Post Injection (at clinic):

- Return to clinic for gentle manipulation of fingers to release cords.
- Your palm will be prepped with betadine and a local anesthetic will be injected before manipulation.
- A gentle force is then applied to extend affected fingers.
- An audible and palpable popping occurs as the cords are released and extension improves.
- Continue to elevate, ice, and take pain medication if needed and as prescribed.

Following Manipulation (at therapy):

- Expect your first therapy appointment the same or next day following manipulation at clinic.
- Receive extension splint from therapist for involved fingers to wear for 6-8 weeks at night. (A forearm-based splint with wrist and fingers in extension may be necessary for patients with severe contractures.)
- Begin slow progressive stretching and range of motion exercises daily. (You may still feel cords pop or tear while working on range of motion.)
- Continue with therapy 1-2 times a week for approximately 6 weeks (often performed as home program).
- Again, expect some swelling and bruising in the digit/palm.

3-4 Weeks Post Injection (at clinic):

- Follow up appointment in clinic with P.A. or M.D. to address activity level and continued rehab
- Continue gentle stretching and range of motion exercises as advised.
- Continue to wear extension splint at night until 6-8 weeks after injection.

6-8 Weeks Post Injection:

- May discontinue extension splint at night; continue gentle stretching and range of motion exercises as advised.

Considerations:

- Occasionally, reinjection may be considered if necessary to achieve further extension. (It is possible for a patient to receive up to three injections at thirty day intervals.)
- If joint contracture is present after rupture of cord(s), surgical joint release (or capsulectomy) may be required.

**Please visit our website at www.akhanddoc.com for illustrations.*

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.