

Dupuytren Disease
Collagenase Injection/Manipulation
With PIP Contracture > 40 degrees
Dr. Michael Thomas Edgerton

Manipulation Date – 24 hours Post Manipulation

- Splinting: dorsal hand-based extension orthosis including affected digit(s) only. Splint to be fabricated to allow full extension at PIP and DIP.
- Splint is to be worn at all times except for exercises and hygiene.
- Begin exercise program including:
 1. Reverse blocking at PIP joint for extension
 2. MCP joint flexion and extension
 3. DIP joint flexion with PIP joint supported in maximum extension to lengthen the oblique retinacular ligament
- Exercises are to be completed hourly with 10 repetitions each session.
- Active composite flexion is to be completed with limited repetitions and frequency. Frequency ranges between 2-5 times per day with 3-5 repetitions. The greater the active PIP joint extensor lag, the fewer repetitions and frequency.

1 Week Post Manipulation

- Splinting: finger-based cylinder PIP joint orthosis in maximum extension for day-time use for 4 to 6 weeks
- Finger-based splint is to be removed for exercises and hygiene only
- Continue hand-based splint at night for 6 months following the injection
- Continue exercises detailed above
- Instruct the patient to avoid repetitious gripping exercises

Physician Signature

Date