

UVA HAND CENTER - THERAPY

Xiaflex, Post-Rupture Therapy Protocol

Physician	Type of Splint	AROM exercises	24/7 Post Rupture Splinting	Duration of night time splinting
Chhabra	Dupytren's post-op	Start after 24 hours	2 weeks, remove for exercises	3 months
Dacus	Dupytren's post-op	Start immediately	6 weeks, remove for exercises	3 months
Deal	Pancake	As needed	Day of and day after procedure	1 year
Freilich	Dupytren's post-op	Start after 24 hours	6 weeks, remove for exercises	3 months