

Rehabilitation Protocol:

Title
Xiaflex Protocol

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Overview:

Xiaflex is a prescription medicine used to treat adults with Dupuytren's contracture when a cord can be felt. Xiaflex is a collagenase (collagenase clostridium histolyticum) that specifically attacks and breaks down the collagen fibers associated with Dupuytren's contracture. Xiaflex weakens the cord formation(s) and allows the cord to be manipulated and ruptured. It is an in-office procedure performed by a trained hand surgeon. Local anesthetic is used for the manipulation portion that generally occurs approximately 48 -72 hours after injection. After a treatment of Xiaflex and post manipulation, the patient is sent to OT/Hand Therapy for night splints, range of motion exercises, and edema control.

◀ **Phase 1 Protective Phase**

Weeks 0-1

- **A hand-based extension splint is fashioned post manipulation, within the first week, and worn for approximately 1-3 months while sleeping.**
- **Pt is instructed in elevation and control of edema**
- **Patient is instructed in AROM and gentle AAROM hand and fingers Exercises to be performed 3-5xday 10- 15 repetition**
- **Patient is instructed in wound care with bacitracin and light dressing if there is a skin tear**

Common side effects to be aware of

- swelling of the hand or injection site
- bruising or bleeding at the injection site, and proximally along extremity
- pain or tenderness at the injection site
- swelling at the lymph nodes in elbow or armpit
- breaks in the skin
- redness or warmth in the skin
- itching

Precautions:

- avoid aggressive finger gripping or extension as the tendon could be weakened from xiaflex
- use of LMB can be considered with MD approval
- avoid heavy activity and resistance for approximately 6 weeks

Weeks 1-4

- **Follow up visit, preferably same day as MD, for splint check and assess ROM**
- **May be discharged from OT at this time if the patient has good ROM and splint compliance.**
- **Strengthening not indicated**

Week 6

- **May Resume normal activity**

