



SHAYNE KELLY, DO

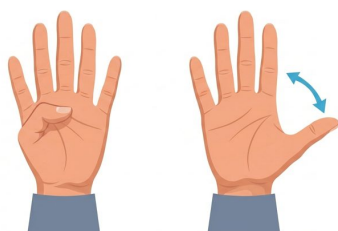
ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OP BRIDGE PROGRAM · UNTIL PHYSICAL THERAPY BEGINS · SHAYNEKELLYORTHODOTCOM

After DeQuervain's Release: First Two Weeks

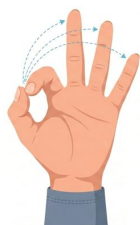
PRECAUTIONS — READ FIRST

Keep the dressing clean and dry until your follow-up. Avoid forceful pinching and repetitive thumb motion (texting, scissors, gripping tools) for the first two weeks. Gentle motion, early and often, prevents the thumb tendons from getting stuck in scar. It is common to have a patch of numbness or tingling on the back of the thumb side of the hand near the incision — this usually settles over weeks to months. Call the office if it is spreading or worsening.



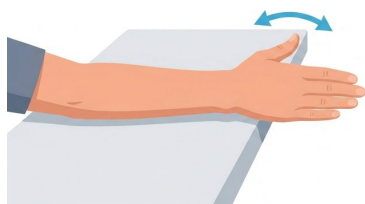
Thumb Across the Palm 10 times, 2-3 times a day

Bend your thumb across the palm to touch the base of the small finger, then bring it back out and open wide.



Thumb Opposition 5-10 circuits, 2-3 times a day

Touch the tip of your thumb to the tip of each finger in turn, making a round 'O' each time.



Wrist Side-to-Side 10 times, 2-3 times a day

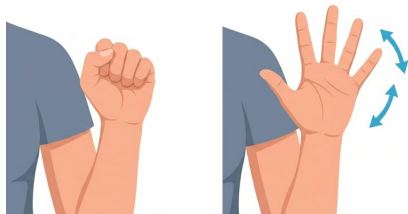
With the forearm supported and knuckles upright, gently tilt the wrist toward the thumb side, then toward the small-finger side.



Gentle Wrist Motion 10 times, 2-3 times a day

With the forearm supported, gently bend the wrist up and down as far as feels comfortable.





Finger Range of Motion 10 times, 2-3 times a day

Make a full fist, then open the hand and spread the fingers wide.



Thumb-Tuck Stretch (after two weeks)

Hold 10-15 seconds, 5 times, 1-2 times a day

Once cleared: tuck the thumb into your palm, wrap the fingers over it, and gently tilt the wrist toward the small-finger side until a light stretch is felt on the thumb side of the wrist.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.