

Dupuytren's Contracture

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Na żądanie ta ulotka może zostać udostępniona
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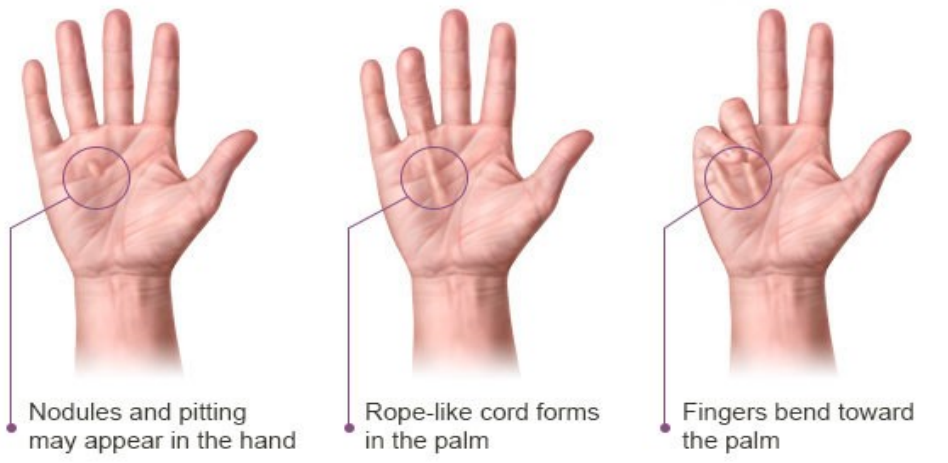
Presentation of Dupuytren's

Dupuytren's contracture is a condition that can limit hand function over time. When the tissue under the skin thickens and forms a rope-like cord in the palm, it's known as Dupuytren's contracture.

As the scar-like tissue develops under the skin, over time the cord can tighten and pull the finger toward the palm, preventing fingers from straightening.

Dupuytren's contracture can progress quickly or develop over a period of years.

Following interventions from your surgeon, patients will require a thermoplastic splint and hand exercise program from their therapist.



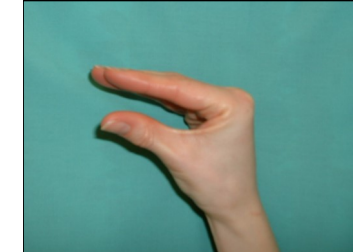
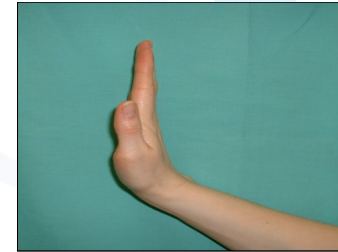
Splint

Your splint is to be worn at night-time, unless otherwise specified by your therapist.

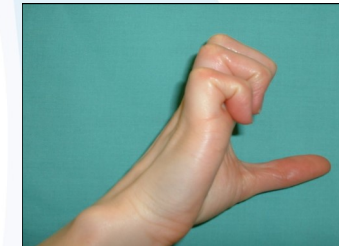


Exercises

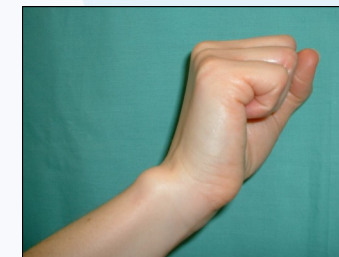
1. Start with your fingers straight. Then, keeping them straight, bend at the knuckles to form a right angle and straighten again.



2. Start with your fingers straight, hook your fingertips towards your palm. Keep your knuckles straight.



3. Start with your fingers straight, make a fist.



Repeat all exercises 10 times, 4 times a day