

Patient information

Exercises Following Fasciectomy for Dupuytren's Contracture

Therapies

Introduction

The following exercises are important to assist with the return of normal finger and hand function.

All exercises should be repeated hourly, and stretches held for at least 30 seconds. The number of repetitions will depend on how much pain you are in, but ideally a minimum of five.

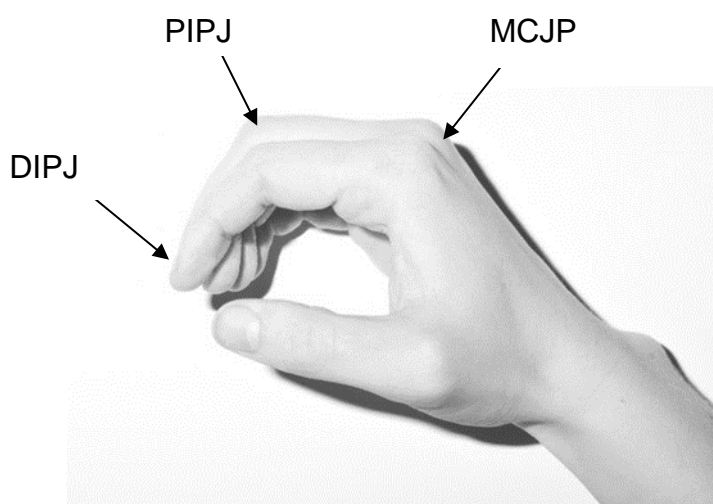
Do not over force the movements, work gently into the range at which the pain starts.

You should use your other hand to assist movement, trying to move a little further each time.

Anatomy

Each finger has three small joints. Muscles and tendons run either side of these joints.

- PIPJ (Proximal Interphalangeal Joint.)
- MCPJ (Metacarpophalangeal Joint.)
- DIPJ (Distal Interphalangeal Joint.)



The joints and the muscles may become tight if early movement is not performed.

Start by gently warming up with the following exercises, the stretches are easier when the joints have been gently moved.

Please complete the exercises hourly. Carry out _____ repetitions.

The exercises.

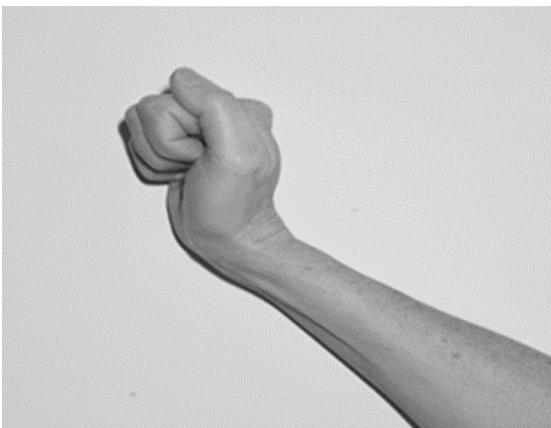
1. Keeping your fingers straight, gently bend from your MCPJs and straighten as fully as possible.



2. Keeping your wrist and MCPJs straight, bend from your PIPJs and DIPJs into a hook position. Gently straighten as much as possible.



3. This time bend your MCPJs, PIPJs and DIPJs to make a full fist and then gently straighten out.



Stretches

Lay your hand over the edge of the table palm side down so that your MCPJ lies flat on the table. Use your other hand each side of the PIPJ and straighten the joint. The DIPJ should be relaxed while you are performing this stretch.



If you have any queries please speak to your physiotherapist.

Feedback

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Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

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