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Hand Therapy Following Dupuytren's Surgery

Hand Therapy

7 Days Post Op 1st Treatment



Wear splint at night.
Use hand for light activity only.
No driving.
Dressing clean and dry.

- Remove bulky dressing.
- Check Wound
- Replace with light dressing.
- Keep hand dry and clean.
- Use hand for light activity only.
- No hard gripping.
- Exercises 4 x day.
- A splint is fabricated for night use; this is recommended for up to 3-6 months post-surgery (to care for the splint, clean with a wipe or cold water & do not leave in sunlight /by heating or use hot water).



EXERCISES TO BE COMPLETE 4 X DAY

These are important to improve function and help with the swelling of the effected fingers. You will get the best outcome after your surgery if you are able to complete your exercises 4 times a day every day.

Driving

Do not drive until your sutures have been removed and have good movement and power. You need to be confident about controlling your vehicle. Always check your insurance policy and with your doctor.

Work and sport

When you'll be able to return to work depends on the nature of your job and the type of operation you've had. If you do heavy manual work, you may not be able to return to work for six weeks after having a skin graft, or until the graft is healed. If you work in an office, you may be able to return to light duties a few days after having a Fasciectomy. The same advice applies to sport.

Week 2

Please bring your splint with you to be checked.

- Wound check
- Removal of sutures.
- We will check your movement.
- Advise on further exercises.
- Advise on further wound care as required or initiate scar management if appropriate.

Week 3

Please bring your splint with you to be checked.

- Check wound and hand function.
- Further advice on scar management or wound will be provided.
- Progress home exercises as required.
- Check splint.
- Further appointments to be made as required.

Scar massage

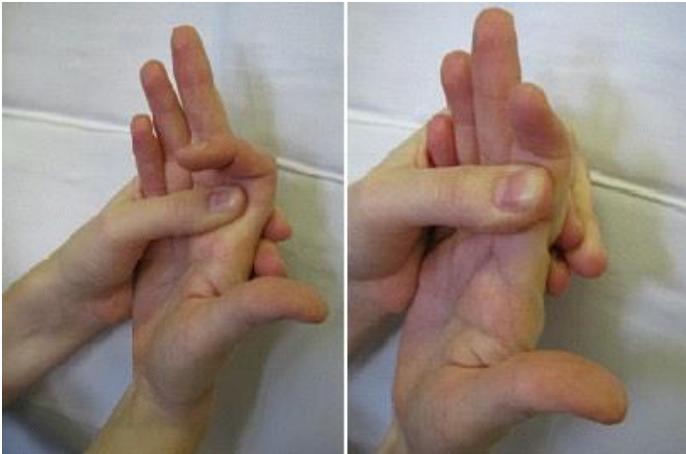
You can start scar massage as soon as the wound is healed. Scar massage helps to soften the scar tissue which can sometimes adhere and limit movement. It is important to complete scar massage 3 times a day with an emollient cream such as E45 or any non-perfumed cream. You can also purchase a mini hand massager; this is not necessary but can often be of benefit to assist with the scar massage. Your therapist will advise on what technique is most suitable for you.

Recurrence

There is no cure. Surgery can usually make bent fingers straighter, though not always fully straight; it cannot eradicate the disease. Over the longer term, Dupuytren's disease may reappear in operated digits or in previously uninvolved areas of the hand. But most patients who require surgery need only one operation during their lifetime.

Home Exercises

In the following order, complete these exercises for a minimum of 4x/day. They will cause no harm and are perfectly safe to complete even if you still have sutures. Hold each one for 10 seconds and perform 5-10 repetitions.



Isolated Joint Flexion

Supporting below the crease of the middle joint so that the knuckle does not bend, flex against this block to bend the middle joint.

Do the same for the end joint.

Active Tendon Glides

Starting from straight, and returning to straight between each movement, complete the following moves:

- Duck's beak
- Hook
- Half Fist
- Full Fist



Duck's Beak



Hook



Half Fist



Full Fist





Finger Abduction / Adduction

With your hand on a worksurface, spread your fingers out into a hand span, pause, then bring them back together tight.



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