

Hunter Hand & Upper Limb Therapy

Providing specialised treatment for:

- Impingement
- Rotator cuff disease
- Instability
- Frozen shoulder
- Osteoarthritis
- Postural dysfunction
- Dislocations
- Fractures
- Carpal tunnel syndrome
- DeQuervain's tenosynovitis
- Mallet finger
- Tendon injuries
- Overuse injuries

Plus general physiotherapy

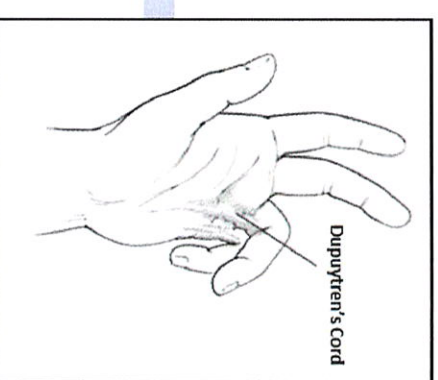


**"Shoulders, elbows and hands
are our business"**



**Dupuytren's
Disease**

*Information
brochure*

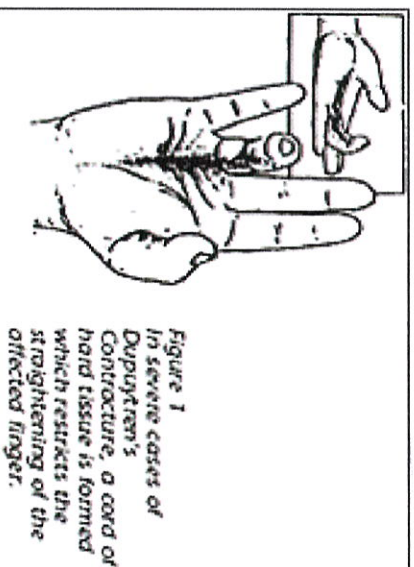


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What is Dupuytren's Disease?

Dupuytren's contracture is a disease affecting the fascia (or tissue just under the skin) of the palm and fingers. The fascia becomes abnormal and gradually thickens, causing dimpling of the skin. The condition initially shows up as a thick nodule or a short cord in the palm of the hand, thickening and shortening, until the finger cannot be fully straightened.

The contracture more commonly involves the ring and little fingers, is more common in men than women, diabetics, heavy smokers, people suffering from seizures and people of northern European descent. It can also be hereditary. There is no known cause for this condition.



What are the treatment options?

If you leave things as they are, the thickening and shortening will probably slowly get worse. Evidence suggests that massage, stretches, splinting and ultrasound are ineffective in keeping the contractures from progressing.

Surgery

Not all bands progress to require surgery. However, if you are unable to lay your hand completely flat on a table top, then an operation is necessary.

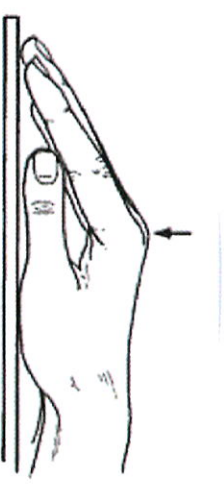
The aim of the surgery is to remove all of the diseased tissue from the palm as well as the affected fingers. The procedure is called a fasciectomy.

Post-surgical Physiotherapy

Physiotherapy following surgery is necessary in order to avoid further contracture of the scar tissue and also to restore full movement of the fingers.

This may include exercises and stretches to restore range; scar massage and silicon products to soften and mobilise the scar tissue; and splintage in order to maintain the correction achieved in surgery.

Scar tissue can be aggressive and can stay active, contracting, for up to twelve months after the surgery. Therefore, depending on the rate at which motion is regained, the scar tissue consistency and your ability to fully straighten the hand, hand therapy may need to continue for several months.



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