



REHABILITATION

Dupuytren's Surgery

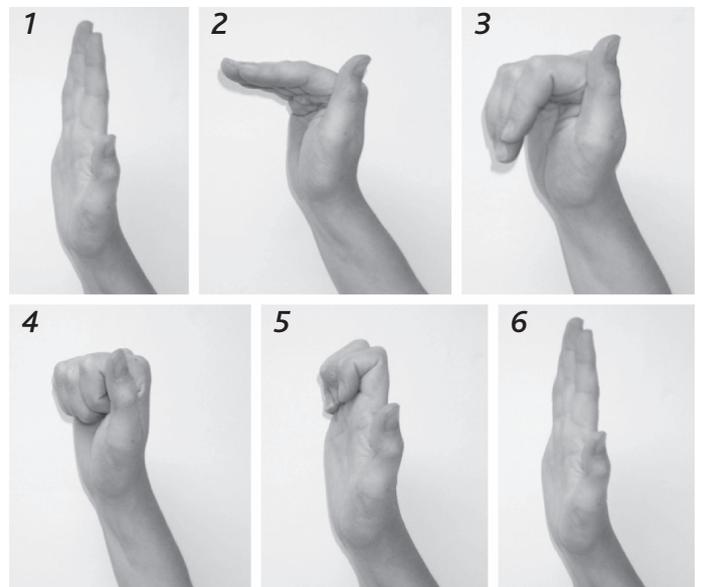
Sequences to be completed at least 10 times every two hours during the day. Hold each position for 5 – 10 seconds each time.

Keep your arm elevated between exercise sessions for at least the first 2 weeks after your surgery to help reduce swelling. Elevate your hand using a pillow at night and for periods during the day instead of wearing a sling for too long, as this will cause shoulder and neck stiffness.

Remember to regularly move your shoulder and elbow to keep those joints mobile.

Tendon Gliding

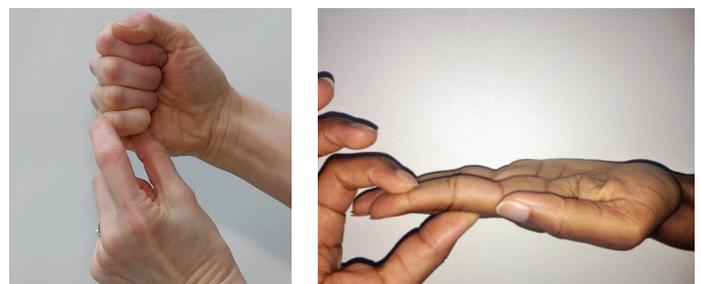
Complete as a sequence, as numbered



Passive finger stretches

Use your unaffected hand to push the fingers of your affected hand into a fist. Ensure all 3 joints are bending. Push until you feel a stretch, then hold that position for 10 seconds, let go and try and hold it with your own muscles for another 5 seconds.

With your other hand straighten each finger (as shown by your Hand Therapist). Care must be taken not to over straighten joints.





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Active finger motion

Spread your fingers as far apart as possible and then close them together.



Active thumb motion

Bend your thumb to the base of your little finger and then straighten your thumb out.



Scar Management

Once your stitches have been taken out and your wound is fully closed, you can start massaging your scars. This will prevent the scars sticking to other structures and will help soften and flatten them. You need to use a greasy cream such as Nivea or E45. This massage is not like putting sun cream on, it needs to be firm and deep and across the line of the scar. Do not soak the scar with cream. If the scar is too greasy, you tend to slip and therefore won't get enough pressure.

Aim for at least 3 – 4 sessions each day for at least five minutes each time.

Night Splintage

Your night splint will be made to fit you by your hand therapist. It is designed to prevent the scars in your hand contracting over time and pulling the fingers into the palm again. The splint holds the fingers straight providing a long and slow stretch to the tissues. You will find that your hand is rather stiff in the morning and you will need to work through your exercises to get it going again.

The splint should be worn for four to six months as that is how long it takes scar tissue to mature.