



REHABILITATION

Dupuytren's Surgery

You can start these exercises once your plaster is removed after your surgery.

Do 5-10 repetitions of each of the following exercises every hour during the day.

Keep your arm elevated between exercise sessions for at least the first two weeks after your surgery to help reduce swelling.

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

Continue the exercises until normal motion has returned.

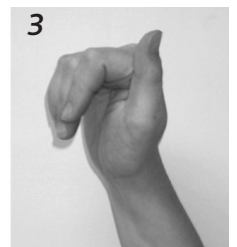
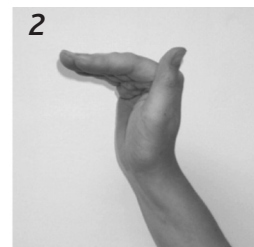
Wrist Flexion/Extension

Bend and straighten the wrist until you feel a stretch in each direction. If this is stiff use your other hand to apply a gentle stretch in each direction.



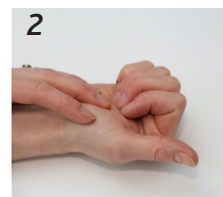
Tendon Gliding

Complete as a sequence, as numbered



Passive finger stretches

1. Use your unaffected hand to push the fingers of your affected hand into a fist. Push until you feel a stretch, then hold that position for 10 seconds.
2. Stop pushing but try and hold the fingers tight into the palm for another 5 seconds.
3. Use your unaffected hand to help straighten out the joints of the affected fingers(s).

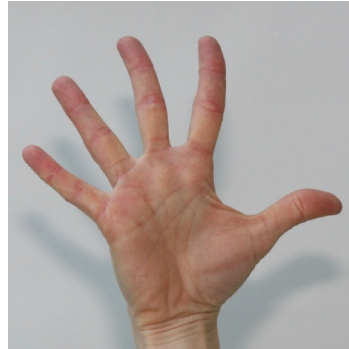




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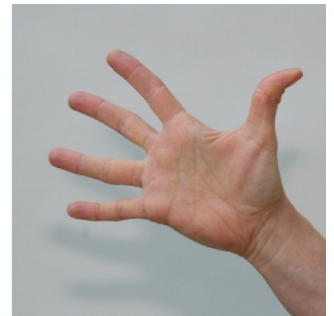
Active finger motion

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 three sessions for 10 minutes each day.

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 so 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.