

# Depuytren's Contracture Exercises after surgery

Physiotherapy & Occupational Therapy

## Introduction

### Who is this leaflet for?

This leaflet is for patients who have had surgery for a condition known as Dupuytren's contracture. It explains the exercises you will need to do to help your recovery.

### What happens after my operation?

Now that you have had surgery it is important for you to maintain the extension of your fingers and gradually increase the use of the hand. A splint will be made to help maintain the correction. It may be necessary for you to continue wearing this splint at night for at least 6 months after the surgery.

The exercises you will need to do are divided into two stages. Your therapist will demonstrate the exercises to you, and will tell you which stage is appropriate for you and when. **You should only do the exercises for whichever stage your therapist has advised.**

### What about my splint?

Your splint is made from a low-temperature plastic. You can wash it with warm water and a washing detergent (rinsing well afterwards). Do not leave it on a hot surface.

You will need to wear it at night for 6 months following your surgery. If it breaks or causes any concern or does not seem to be fitting correctly, then please arrange another appointment to see your hand therapist.

Bring your splint to any planned appointments so that your therapist can check it is still fitting well.

## Exercise instructions

### Stage 1

#### What should I do?

- Wear your splint all the time removing every hour to exercise the hand by curling the fingers into the palm and holding the position for 5 seconds, then straightening the fingers and holding the fingers straight for 5 seconds. Repeat 5 times
- Keep your hand in an elevated position
- Lift your arm above your head regularly
- Bend and straighten your elbow regularly.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## What should I not do?

- Do not use the hand for activities that will increase the risk of infection for example, gardening or dusty work
- If the splint causes severe pain or soreness, then remove and contact your therapist.

## Stage 2

- Wear the splint at night only
- Carry out the exercises below ..... times, every ..... hours.

Start each morning with your hand in a bowl of warm water. If the wound is still not fully healed you can dissolve 4 tablespoons of salt in the water. Use a soft baby sponge to do these exercises in sequence:

### Number 1:

Squeeze the sponge with the fingers and hold the position for 5 seconds



### Number 2:

Flatten the sponge using the palm and fingers.



### Number 3:

Keeping your fingers and wrist straight, use your thumb to push the sponge down into the palm of your hand. Aim to get the tip of your thumb to the base of the little finger.



### Number 4:

Grip the sponge with the fingers and move the wrist up. Hold for 5 seconds, then move the wrist down and hold for 5 seconds.

Pat the hand dry with a towel.



**Number 5:**

Hold the finger steady just below the top joint using the thumb and fingers of the opposite hand. Bend the top joint only. Hold for 5 - 10 seconds.

Repeat for each finger.



**Number 6:**

Using the thumb and fingers of the opposite hand, hold the finger steady just below the middle joint. Bend the middle joint only and hold for 5 - 10 seconds.

Repeat for each finger.



**Number 7:**

Stabilise the hand with the thumb of your other hand. Bend the bottom joints of your hand (whilst keeping the top two joints straight). Hold this position for 5 - 10 seconds.



**Number 8:**

Make a full fist and using your other hand push your fingers into a fist and squeeze tight for 5 - 10 seconds.

Before you let go, tense up the muscles in your forearm so that when you let go, you keep the tight fist for another 5 seconds.

Once you have finished your exercises, massage a non-scented hand cream firmly into your scar (using your thumb).



## Are there any precautions or side effects for these exercises?

Your therapist has assessed you as being ready to start these exercises. However if the exercises become painful you should stop them and talk to your therapist.

## Who can I contact if I have any concerns or questions about the exercises?

If you have concerns or queries about any aspect of these exercises, please speak to the therapist in charge of your care.

Name of therapist:.....

Contact telephone number: .....

Out of hours / emergency contact details: .....

.....

.....

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。