



Wrist/hand pain: Dupuytren's Contracture

Dupuytren's Contracture

What is it?:

Dupuytren's contracture is a hand deformity where the tissue under your skin slowly thickens and tightens in your palm and fingers. This can cause your fingers to curl and bend in, making it difficult to do your everyday tasks.

What are symptoms associated with it?:

In general, Dupuytren's contracture slowly progresses. It may start off with a painless lump in the palm near the base of the finger(s). The ring and small fingers are the most commonly affected. Over time, cords develop and tighten making it difficult to straighten your finger(s).

Management:

For some, Dupuytren's contracture does not develop to the point of requiring treatment. For others, it can be difficult to lay their hand flat on a table or to use their hand for day-to-day tasks. Treatment options include needling or enzyme injections, which work to break the cords, and surgery which removes the affected tissue.

Exercises:

Note: When you no longer have pain or numbness, you can do exercises to help prevent Dupuytren's Contracture from coming back. Do not do any stretch or movement that is uncomfortable or painful.

Wrist/hand pain: Depuytren's Contracture

Massage

Roll a narrow cylinder (such as a 1/2" to 1" diameter wooden dowel or marker) back and forth between the palm and a flat surface, like a tabletop.



Finger Lifts

1. Place your affected hand flat on a table.
2. Lift and then lower one finger at a time off the table.
3. Repeat 8 to 12 times.
4. Switch hands and repeat steps 1 through 3, even if only one hand is sore



Tendon Glides

In this exercise, the steps follow one another to make a continuous movement.

1. Start with your fingers and thumbs pointing straight up.
2. Then curl your fingers by bending the top two joints of your fingers so that your fingers look like a hook.
3. Make a fist by bending all your knuckles. Your thumb can gently rest against your index finger.
4. Create a straight fist by unwinding your fingers slightly so your fingertips touch the base of your palm.
5. Go back to your starting position, with your fingers and thumb pointing up.
6. Repeat the series of motions 8 to 12 times.
7. Switch hands and repeat steps 1 through 6, even if only one hand is sore.

